336

Vol. XVII. No. 6

THE CANADIAN NURSE

AND HOSPITAL REVIEW

Owned and Published Monthly by the Canadian National Association of Trained Nurses

PRINTED BY EVANS & HASTINGS, VANCOUVER, B.C.
Registered at Ottawa, Canada, as Second-Class Matter

JUNE, 1921

	Page
Child Welfare	341
Public Health Nurse as an Organizer in a Rural Community	344
History of Registration in England	346
The Later Experimental Work on Vitamines	349
News from the Medical World	353
Public Health Nursing Department	356
Department of Nursing Education—	
Points to be Considered in Nursing Education	359
School Inspection Work among the New Canadians	361
The Hourly Instructor	366
The World's Pulse	369
C. A. M. C. Nursing Service Department	371
Hospitals and Nurses	375
The Entertainment (A Midsummer's Idyll)	378

All Communications to be addressed to the Editor and Business Manager, Vancouver Block, Vancouver, B. C.

Subscription, $2.00 a Year **Single Copy, 20 cents**

Entered as second-class matter March 19, 1905, at the Post Office at Buffalo, N. Y., under the Act of Congress of March 3, 1897.

BOOKS

For Nurses and for Training Schools

SURGICAL EQUIPMENTS
For Nurses, Hospitals and Physicians

CHASE HOSPITAL DOLL
We are Canadian Agents

FROHSE CHARTS
The Ideal Charts for Teaching—We are Canadian Agents

Send us your orders *Literature and prices gladly given*

INGRAM & BELL LIMITED
TORONTO CALGARY
NURSES' and HOSPITAL SURGICAL SUPPLY HOUSE

GERMICIDAL SOAP

A Cleansing Soap and Valuable Antiseptic all in one

¶ Physicians and Nurses use this valuable Soap after being in contact with contagious diseases.

¶ It is also employed by surgeons with splendid results for preparing antiseptic solutions, as it does not corrode their nickel or steel instruments.

¶ It is a pure neutral soap base, to which has been added sufficient Mercuric Iodide to make it a valuable and powerful germicide and an efficient deodorant.

SUPPLIES OF THE SOAP ARE OBTAINABLE FROM DRUGGISTS
WRITE US FOR DESCRIPTIVE LITERATURE

Parke, Davis & Company
WALKERVILLE, ONT.

Montreal Branch:
45 St. Alexander Street,
Read Building.

Winnipeg Depot:
Keewayden Building,
Portage Ave., East.

Retarded Convalescence and disorders following Illness can often be avoided through the judicious use of a building and vitalizing factor

Fellows' Compound Syrup of the Hypophosphites

The Standard Tonic for Over Fifty Years
Restores Appetite, Energy, and Vitality

Samples and Literature sent upon request

FELLOWS MEDICAL MANUFACTURING CO., Inc.
26 Christopher Street **New York**

The Central Registry Graduate Nurses

Supply Nurses any hour day or night.

Phone Garfield 382

HAMILTON - ONTARIO

PRINTING

Evans & Hastings

High-Class Art, Legal and Commercial Printers

578 Seymour Street
Vancouver, B.C.

We Specialize in Publications and Annual Reports

NEW BOOKS

"BANDAGING"—The aim of this book is to give the student nurse the fundamentals of the science of bandaging, by Cordelia Cowan; 200 pages; fully illustrated. $2.25.

"THE PSYCHOLOGY OF NURSING"—Its purpose is to give the nurse a grasp upon the elements of psychology, so essential in her work, and enable her to apply them in a practical way. By Aileen Higgins, A.B.R.N. 337 pages. $2.75.

"NURSES DICTIONARY"—Giving the definition, pronounciation and derivation of terms used in medicine, together with tables of weights, measures and doses for nurses' use, by W. A. Newman Dorland, A.M.M.D. Plain, $2.25; indexed, $2.75.

"SKIN DISEASES FOR NURSES"—The object of this book is to provide for nurses a simple and concise presentation of skin diseases. By L. Duncan Bulkley, A.M.M.D. 180 pages, illustrated. $2.50.

"MATERIA MEDICA FOR NURSES"—This book is more than a materia medica; it is as well a complete work on pharmacology and therapeutics from the nurses viewpoint. By Amy E. Pope, 1921. 400 pages. $2.75.

THE J. F. HARTZ CO. LIMITED

Sickroom Supplies

24-26 HAYTER STREET **TORONTO, ONT.**

WOMAN'S HOSPITAL

In the State of New York

West 110th Street, New York City

150 Gynecological Beds **50 Obstetrical Beds**

Offers to graduates of hospitals giving at least a two-year course, and to training schools desiring an affiliation, a six months' course in gynecological and obstetrical nursing, sterilizing and operating room technic, out-patient and cystoscopic clinics, hospital administration and ward management.

Courses of lectures are given each class by Attending Staff and Pathologists, also class work by Resident Instructor. Classes formed every second month. A diploma is awarded to those passing the required examinations, and the privilege of the registry is extended to the graduates of the school.

A Three Months' Practical Course is also offered in sterilizing and operating room technic; obstetrical nursing and delivery room technic.

Attendants are employed as nurses' helpers on each ward.

The nurses' home, an eight-story fire-proof building with reception and class rooms, adjoins the Hospital.

Nurses receive salary of $25.00 per month and maintenance.

Further particulars furnished on request.

JOSEPHINE H. COMBS, R.N.,
Directress of Nurses.

JAMES U. NORRIS, Superintendent.

The Central Registry of Graduate Nurses

Begs to inform the physicians of Ontario that they are prepared to furnish private and visiting nurses at any hour—day or night.

TELEPHONE MAIN 3680

295 Sherbourne Street, TORONTO

MISS EWING

REGISTRAR

Graduate Sick Children's Hospital
Toronto

To BUILD UP
To BRACE UP
To TONE UP

Supplied in 11-ounce bottles only—never in bulk.

Samples and literature sent upon request.

Prescribe original bottle to avoid substitution.

In ANY form of DEVITALIZATION
prescribe

Pepto-Mangan (Gude)

Especially useful in

ANEMIA of All Varieties:
CHLOROSIS: AMENORRHEA:
BRIGHT'S DISEASE: CHOREA:
TUBERCULOSIS: RICKETS:
RHEUMATISM: MALARIA:
MALNUTRITION: CONVALESCENCE:
As a GENERAL SYSTEMIC TONIC
After LA GRIPPE, TYPHOID, Etc.

DOSE: One tablespoonful after each meal.
Children in proportion.

M. J. BREITENBACH COMPANY
New York, U. S. A.

Our Bacteriological Wall Chart or our Differential Diagnosis Chart will be sent to any Physician upon request.
LEEMING-MILES CO., LTD., Montreal, Canadian Agents.

MALTINE
With CASCARA SAGRADA

For Constipation and Hemorrhoids

CASCARA SAGRADA is acknowledged to be the best and most effective laxative know, producing painless and satisfactory movements. Combined with the nutritive, tonic and digestive properties of Maltine, it forms a preparation far excelling the various pills and potions which possess only purgative elements. The latter more or less violently FORCE the action of the bowels, and distressing reaction almost invariably follows, while Maltine with Cascara Sagrada ASSISTS NATURE, and instead of leaving the organs in an exhausted condition, so strengthens and invigorates them that their normal action is soon permanently restored.

FOR SALE BY ALL DRUGGISTS

The MALTINE COMPANY
88 Wellington Street West, TORONTO

WEDDING CAKES
A SPECIALTY

COLES

Caterer and Manufacturing Confectioner

719 Yonge Street, Toronto

The Graduate Nurses'
Residence and Registry

PHONE SHERBROOKE 630
DAY OR NIGHT

753 Wolseley Ave., WINNIPEG

LISTERINE

is an antiseptic aid to the professional nurse; it is readily obtainable and contributes much to the comfort of the patient because of the satisfactory results attending its employment in the sick room.

LISTERINE

is very acceptable to the bed-ridden and convalescent because of its agreeable odor. A refreshing sense of cleanliness follows its use, in suitable dilution, as a mouth-wash, lotion or sponge bath.

LISTERINE

may be utilized as a wash, spray or douche, and has a wide range of usefulness that is referred to specifically in the literature we shall gladly mail, with a 3-ounce sample bottle, to any registered nurse, on request.

LAMBERT PHARMACAL COMPANY

Twenty-first and Locust Streets ST. LOUIS, Mo., U.S.A. 66 Gerrard Street, TORONTO

We can make **SPECIAL FORMS** exactly duplicating any hand.

Can put name on any gloves so that it will not sterilize off. Insure to your own use the gloves you pay for.

Specialists in the manufacture of **SEAMLESS RUBBER GOODS** of every description

The only makers of **SEAMLESS RUBBER GLOVES** in Canada

Sterling Rubber Company Limited
Guelph, Ontario

O. B. Allan

Diamond Specialist
Manufacturing Jeweler, Watchmaker
Gold and Silversmith, Optician, etc.

Diamonds and other precious stones
Cut Glass
Sterling and Plated Silverware
Community Silver
Cutlery
Leather Goods
Genuine French Ivory
Watches—Pocket and Wrist
Umbrellas, high grade
Optical Goods, etc., etc.

CLASS PINS, TROPHIES, MEDALS, ETC.
Made to Order

WATCHES AND JEWELRY REPAIRED
In the best possible manner

480-486 Granville Street
(Corner of Pender)
Vancouver, B.C.

THE

CANADIAN NURSE

A Monthly Journal for the Nursing Profession in Canada

Editor and Business Manager.....MISS HELEN RANDAL, R.N.

VOL. XVII. VANCOUVER, B. C., JUNE, 1921 No. 6

Officers of the Canadian National Association of Trained Nurses, 1920-1921

President .....Miss E. MacP. DICKSON
Toronto Free Hospital, Weston, Ont.

First Vice-President .....MISS JEAN BROWNE, R.N.
Regina, Sask.

Second Vice-President .....MISS E. JOHNS, R.N.
Vancouver, B.C.

Treasurer .....MISS K. DAVIDSON, R.N.
131 Crescent Street, Montreal, Que.

Secretary .....MISS FRANCES MACMILLAN, R.N.
The Alexandra Hospital, Edmonton, Alta.

COUNCILLORS—**For Alberta:** Miss L. Edy, R.N. Calgary; Miss V. Winslow, R.N. Medicine Hat. **For British Columbia:** Miss H. Randal, R.N., Vancouver; Miss J. F. MacKenzie, R.N., Victoria. **For Manitoba:** Miss Inga Johnson, R.N., Winnipeg; Miss M. Martin, R.N., Winnipeg. **For New Brunswick:** Miss Branscombe, R.N., St. Stephen; Miss Retallick, R.N., St. John. **For Nova Scotia:** Miss Reed, Miss Graham. **For Quebec:** Miss S. C. Young, R.N., Montreal; Miss Mabel Hersey, R.N., Montreal. **For Ontario:** Miss F. J. Potts, Toronto; Miss K. Mathieson, Toronto. **For Saskatchewan:** Miss Jean Wilson, R.N., Moose Jaw; Miss Jean Urquhart, R.N., Regina.

Child Welfare.

(BY JEAN CROSBIE, R.N., PUBLIC HEALTH NURSE, GRANDE PRAIRIE.)

Given before the Red Cross Convention, January 22nd, 1921.

I believe I am quite justified in assuming that nothing in this great big world is of more importance than the lives of our little children, and also that every member of this gathering is quite agreed with me upon this conviction.

Probably at no time since the Divine command, "Suffer the little children to come unto Me," has the child occupied the centre of public attention as in this twentieth century; and to those of us who have been denied the privilege of living our childhood in the Child's Era, is being granted many compensations in the opportunities to do for these little ones in education and in practice the things which some of us may realize would have meant so much to us as children.

The only reflection, if any, upon our Child Welfare movement is, that we delayed any attempt in this line until the necessity was forced upon our too slowly awakening public consciences by the alarming infant mortality, by the undeniable results of Child Welfare work in other countries in decreasing infant mortality, and also, no doubt, by the civil purport of the two words, "Physically Unfit." All this, however, is of

the past, and having once awakened, I think we have reason to be proud of the steady progress made in the efforts of our provincial, and various other city health departments, the Red Cross and other organizations, towards the improvement of all conditions affecting child-life.

No doubt many problems had to be met and overcome before the much needed "Better Babies' Clinics" could be realized, and, by the way, the aptness of that name, were it applied to the Provincial Clinics, might be emphasized by the following incident:

A little woman brought to the Medicine Hat Clinic, recently, a baby about five months old, which cried so incessantly that the mother, in despair, was thinking of selling out and going back to her people in England with the baby, until it had outgrown, or improved, its habits. I may also state that its cost to the parents was $19.00 a month for food and drugs. Following Clinic instructions, the child was a "Better Baby" in less than a week, and the only expense involved was the cow's milk and sugar required to make it so.

That the mothers and babies of pioneer districts may no longer be at the mercy of ignorance and carelessness, women fully qualified to care for them are being sent to isolated districts in increasing numbers. In all this general interest in babies the school children are by no means being forgotten, and much effort, through educational and other methods, is being taken to develop them into healthy, happy citizens.

May I illustrate this last statement by two cases from Grande Prairie district. One boy of fourteen, from a school only five miles from town and doctor, was found with a nose completely blocked from deviated septum and bony growth. He was backward in school, unable to enjoy play and exercise, besides that worst of all afflictions to a school boy—a facial disfigurement, the butt of thoughtlessness and jests by the other children.

A visit to the home proved that the mother, while quite aware of existing conditions, had always dreaded the obvious result of a visit to the doctor; and when the nature of the case, and the simpleness of the operation was explained, had the boy attended to right away. Another boy, in the High School in town, was found undersized and unable to play in games out of doors because of inability to breathe. A rather unusual condition existed by which the nasal passages were completely closed at the pharynx, and again the parents had dreaded surgical interference. He, also, had the defect remedied, and I venture to say they will both be healthier, happier boys when I make my return inspection.

A feature of School Health Inspection, perhaps not generally realized, is the endeavour to teach the importance of fresh air, sunshine and cleanliness as the guideposts to health. In our hospital training school the simplest way to remember the root of all evil or disease was to recall to mind, the three D's—Dirt, Darkness, Dampness; but in school for children we want to get away from the three D's and impress the fact

that there are three H's—Health, Hygiene, and Happiness, brought about and maintained by the above mentioned requisites, fresh air, sunshine and cleanliness.

Personally, I have never felt that a very lasting impression of this teaching could be made in the widely scattered districts where visits are, of necessity, infrequent, unless the teacher, voluntarily, carried on the lesson, or suggestion, left; and then one must be careful of interfering with the curriculum of the school in suggesting honour rolls, etc. So you may imagine it was with more than impersonal interest that I welcomed the Junior League organization in our Grande Prairie school, since we all know that whatever the children do of their own free will they will do sincerely, and I hope, eventually, to make a successful campaign for the three H's through the Junior League.

Then, also, the League familiarizes the children with methods of organization that are of benefit to them in after life, as each room organizes its own branch, has its own president, secretary, treasurer, etc., they in turn electing a branch president, secretary, etc., who report to the junior superintendent, or meet the advisory committee of adults, regarding any special work they are undertaking. That the work may not put additional strain upon the teachers, the advisory committee and junior superintendents are seldom of the teaching staff, and all meetings are held before or after school hours.

And last, but by no means least, is it not fitting, in these days when so much is being done for the children, that they, in turn, should develop an interest in the other child, who may be handicapped at the very outset of life. I think so. And the Red Cross, with all its idealism and self sacrifice of which it has ever been emblematic, is the most fitting channel through which to teach the coming generation something of the spirit of love and sympathy to others less fortunate in the struggle of life; that spirit which was kindled by one whom you may recognize in the following verses:

"At Chelsea, under the lime trees' stir,
I read the news to a pensioner
That a noble lord and a judge were dead;
'They were younger men than me!' he said.

I read again of another death,
The old man turned and caught his breath—
'She's gone?' he said. 'She, too? In camp
We called her the Lady with the Lamp.'

He would not listen to what I read,
But wanted it certain—'The Lady's dead?'
I showed it him to remove his doubt,
And added, unthinking, 'The Lamp's gone out.'

He rose—and I had to help him stand
There, as he saluted with trembling hand
I was abashed to hear him say,
'The Lamp she lit is alight to-day!'"

Public Health Nurse as an Organizer in a Rural Community.

By Beryl Knox.

Read at the C.N.A.T.N. Convention, 1920.

The value and success of Rural Public Health Nursing, more than any other branch, depends on the organization behind it. Therefore it is the first duty of the Rural Public Health Nurse to secure a safe and comprehensive organization, which must of necessity consist of representatives from all existing organizations such as the Local Medical Society, the Ladies' Aid Societies, the Local Council of Women, the Independent Order of the Daughters of the Empire, the Women's Institutes, and so on. I feel that it is just as important to have the support and interest of the men of a community as it is to have that of the women, and in this connection think that in addition to the various societies it is advisable to interview all the business men in the district. Their interest and hearty co-operation will smooth away many of the difficulties which arise in any organization.

Also, I think that you will agree with me that the physician will ultimately be the best friend of any public health work, although at the present time this seems rather doubtful. However, assuming that while educating the public we will through perseverance and tact obtain the support and co-operation of the medical profession throughout the Dominion, it is advisable when starting in a new community for the nurse to visit the doctors and enlist their interest in her work, making them feel that it is impossible to organize and carry on any work without their help and sympathetic interest. Many of them will feel at first that the Public Health Nurse is interfering in their work, and that she is absolutely unnecessary to the well-being of the people. They will say they have managed very well without such help in days gone by and that it is merely a fad; that the foundation of Community Health is not an efficient Public Health Nursing Service. Nevertheless this is a fact, and it is the forte of the Nurse to tactfully bring the doctors around to her point of view. Without this, any effort will be useless, and all work performed under such influences will come to naught.

Then, again, a thorough study of the community and its needs is essential. It would be fatal to attempt to form any type of organization or to contemplate any work along particular lines without first making a diagnosis of the situation and trying to find the specific treatment for the

problems presented by it. To insure the success of the work, it is essential that the organization should have both lay and professional members. This is self-evident and I think needs no explanation.

Public Health Nursing is a profession of many branches, therefore the Public Health Nurse must be many things besides a nurse. She must be a teacher in every sense of the word, a social worker, in fact it seems she must be all things to all men. Especially is this so in a rural community, where she may be the first and only social agent. To interest the rural people in the work she is doing is often a very big problem, totally different to that presented in a large center, but one which she cannot afford to overlook. This means, then, that she must hold community meetings to tell them what her work is and how it will benefit them. You will readily see that to be well equipped for her work she must be a fairly good public speaker, able to present her subject in a convincing manner. Then there is the gathering of vital statistics—in most cases a very wearisome and thankless job. It is very hard indeed to make Mrs. Blank understand why it is important to have John's birth registered, because she cannot see that it is of vital importance to the country that there should be accurate birth registration. She must know how to prepare attractive exhibits. She must have some knowledge of social case work as related to problems arising in the home, due to sickness, poverty and other social conditions. Also she must know all the institutions dealing with the different phases of her work.

All this she must know besides nursing, in order to always present her subject clearly and concisely. In fact, she is an educator as well as an organizer. In other words, her ability to interest others in what is needed in the community will be her greatest asset in getting what is required.

It may seem that I have presented an almost divine person with qualifications impossible to attain, but this is not so. Nurses in isolated districts have done and are at present performing such varied duties and proving very successful.

"The fields are fair beside them,
The chestnut towers in his bloom;
But they—they feel the desire of the deep—
Fall, and follow their doom."

The Voice and the Peak.

History of Registration in England.

The British Nurses' Association was formed in 1887, and I think was the first organization of nurses in England. The hospitals' association directors, who were all men, had a committee on nursing and domestic management, with a subsection, on which hospital matrons were placed. This Hospitals' Association proposed a register of nurses, which would really have been a domestic arrangement of the different hospitals concerned. The matrons asked for a three years' certificate of training for this register, but were refused by the directors, who set one year's training as sufficient, so the matrons all resigned in a body, and thus the long contest for registration began, which lasted thirty-two years.

The British Nurses' Association aimed at professional registration under a Royal Charter. They were granted the charter (the first time ever granted to a body of women). They then took the medical men into full voting membership, thinking this would greatly assist in their aim, but they were sadly disappointed, as it really led to their defeat, for they were betrayed by one of the men, who, through the skillful use of a parliamentary trick, brought the Royal British Nurses' Association under the control of a small majority, which carried a resolution against state registration, and not until 1904 did the British Nurses' Association succeed in throwing off this control.

The nursing leaders then tried to promote new groups under democratic forms of organization. The progressive matrons joined the Matrons' Council of Great Britain and Ireland, which had been formed in 1894. They developed self-governing leagues and co-operative clubs, and the younger nurses formed the National Union of Trained Nurses. In 1902 a State Society for the Registration of Nurses was formed to frame and support a Registration Act in Parliament. This Bill was introduced in 1904, but never reached its third reading. In 1908 another attempt was made and was favourably received in the House of Lords, but did not reach the House of Commons. The Registration group was then reinforced by the Royal British Nurses' Association, and in 1910 a Central Committee was formed, which represented by delegation all the Nursing Associations and the British Medical Association, comprising no less than thirty thousand medical practitioners and nurses. From this time, until the war broke out, they worked intensively to get registration through. After the war began the Central Council still tried to get parliamentary recognition, but a more perplexing condition arose. The Matrons' Council (including members from Scotland and Ireland) had for a long time publicly advocated a higher institution for graduate nurses where they could secure post-graduate training in various subjects to fit them for the many new demands made upon the nursing profession. In 1901 Mrs. Bedford Fenwick had outlined the structure of a College of Nursing, and in 1912, at a Congress in Cologne, she had further elabor-

ated her views and publicly urged them. The result was that organized nurses proposed a national memorial to Miss Florence Nightingale of this character, providing a Women's College in England would adopt it as Teacher's College had adopted the American Nurses' plan. Before this could be carried out an announcement was made that a college for nurses was to be established in connection with King's College, London, in commemoration of Florence Nightingale, to be controlled mainly by the Nightingale Foundation. Nurses soon realized that their association would be given little power to guide the new courses. The Constitution of the College provided for the election of nurses on directing committees, but only as individuals, and no self-governing society of British nurses was consulted and no recognition accorded to the organized profession as such. Almost immediately the college declared for State Registration, not supporting the British Nurses' Association Bill, but advancing its own, and in one of its circulars it said: "The Council of the College of Nursing had drafted a Registration Bill which provides that the register already formed by the College of Nursing shall be the first register under the Act. If, therefore, you are on the college register, you will automatically and without further fee be placed upon the State Register when the Nurses' Registration Bill is passed. After the war the struggle between the College and the Central Committee was finally ended by Dr. Addison, the new Minister of Health, announcing that the Government would introduce a bill for the registration of nurses. This Act was passed in December, 1919, and in January, 1920, a Thanksgiving service was held in London as the Nursing Profession of Great Britain were deeply thankful that the long fight was won at last. The nurses of the United Kingdom were very disappointed in not all being registered under one act, but, when the Minister of Health brought in a Government measure, his jurisdiction only extended to England and Wales, and therefore he could not initiate legislation in Scotland and Ireland.

There still seems to be some disagreement regarding the rules for registration between the General Nursing Councils of England and Wales, Scotland and Ireland. The General Nursing Council of England and Wales (which is the statutory body set up by Parliament) consists of 25 members, appointed as follows: 2 appointed by the Privy Council (not doctors or nurses and not connected with nursing); 2 appointed by the Board of Education (interested in educational matters); 5 appointed by the Minister of Health (familiar with hospital work, but not doctors or nurses); 16 appointed by the Minister of Health (after consulting nursing organizations).

The General Nursing Council of Ireland consists of fifteen members: 6 appointed by the Chief Secretary for Ireland (not nurses); 9 appointed by Chief Secretary for Ireland (nurses).

The General Nursing Council for Scotland consists of fifteen members: 1 appointed by the Privy Council (not a nurse); 1 appointed by the Board of Education (not a nurse); 5 appointed by the Minister of

Health (nurses); 8 appointed by the Minister of Health (nurses).

The first Councils are to serve three years, and after that subsequent Councils will serve five years. After the first term of service the nurses on the Councils will be for the future appointed by the newly Registered Nurses' Associations of England and Wales, Scotland and Ireland, respectfully. The Act in England and Wales, Ireland and Scotland covers nurses trained in general hospitals, children's hospitals, and mental hospitals, but it is necessary for those trained in the children's or mental hospitals to round out their training. Nurses registered in any part of the British Empire may register in England, providing their standard is equivalent. All the General Nursing Councils have the same reciprocity clause extending registration to each other and to the British Dominions. For the first two years nurses may register without examination. The College of Nursing claims the credit for securing state registration for nurses, and Sir Athur Stanley, Chairman of the College of Nursing, Limited, made a statement to the effect that the College would make the standard for the future. This is a very misleading statement, as this work falls to the General Nursing Councils. The Royal British Nurses' Association and the College of Nursing did keep a Nurses' Register, but now that State Registration is enforced, the usefulness of these registers is past.

In December, 1919, at the close of a Conference on burning questions held in London, a resolution on the rules for State Registration was adopted, requesting equivalent standards of qualifications for registration between the General Nursing Councils of England and Wales, Ireland and Scotland, and that the maximum fee of one guinea provided in the Act should be charged to all candidates for registration, as the national work of the councils cannot be self-supporting on a lower fee. This was forwarded to the Minister of Health. The General Nursing Council of England and Wales are firm on one point and that is "One Portal System for all." It had been suggested that supplementary registers should be established for cottage nurses under State authority, and it was also suggested by the lay nursing press that there should be a reversion to two grades of nurses, but this would be unfair after the long struggle for State Registration.

As soon as the Register opens, a bulletin will be issued containing: (1) Rules and Regulations, (2) Accredited Schools for Nurses, (3) The Nurses' Registration Act for England and Wales. A badge and certificate will be issued each registered nurse.

Any nurse holding a certificate of registration from the College of Nursing is not a State Registered Nurse. National registration, to be reciprocal in any of the King's Dominions, must carry the sealed certificate of one of the General Nursing Councils set up by Acts of Parliament. The College of Nursing, Ltd., had no right to make a statement that without further fee a nurse's name would be placed on the State Register of Nurses. Parliament has definitely declined to recognize this. Every

member of the College has to make separate application for registration to the General Nursing Council, and must pay the registration fee. It is expected that the registers will shortly be opened.

MARY E. GRIDLEY.

The Later Experimental Work on Vitamines.

A Lecture Delivered at the Virol Research Laboratories to Nurses and Health Visitors on April 23rd, 1920

By A. KNYVETT GORDON, M.B. (Cantab.)

In addressing you to-day on the subject of the bearing of some of the recent work on accessory food factors, or Vitamines, as they are popularly called, I do not propose to discuss the details of the experimental evidence, but rather to indicate broadly their practical bearing on the problems with which you, in your daily—and, may I say, most useful—work, are frequently confronted.

Let me first review the history of the subject during the last few years. Only a very short time ago dietetics was not recognized as a science at all by the average person. In fact, it consisted in a collection of opinions—which could hardly even be called pious—based on very little but personal fads, and characterized by a tendency to differ widely on every important point.

It was pretty much the same, or perhaps worse—because the victims could not complain—in the practice of infant feeding, where a long list of modified milks and patent foods bewildered the unfortunate nurse and vied with the pin under the binder in the production of abdominal emergencies. Much work, even at this time, had been done in the physiological laboratory, on the comparative value of foodstuffs, but it had not penetrated either to the consulting room or the nursery to any valuable extent.

Then came the war with its shortage of some articles and expensiveness of many more, and we began to think of food not in kind but in calories, and we bought it for its value to the body in the production of heat and energy rather than for its palatability. Beef gave place to beans—with or without the exiguous portion of transatlantic pork.

But the pendulum, as usual, swung too far, and there was a tendency to think that so long as the body got its proper quantity of fuel—for that is what the caloric point of view came to—it did not matter very much what we started the fires with.

Then the public discovered the physiologist, in much the same sort of way, by the bye, as a certain daily paper published a sensational ac-

count of the recovery of a patient after tracheotomy for diphtheria some fifteen years after every resident in a few hospital had been doing it successfully in his daily rounds. Vitamines, therefore, became popular.

Now let me sum up the position. If a young animal is fed on a diet consisting of chemically pure protein and carbohydrate together with either cooked fat such as lard, or purified vegetable oil, in quantities more than sufficient for its daily output of heat, energy and tissue waste, it is found that it soon *ceases to grow* and *its resistance to bacterial infection is lowered*. Furthermore, it may develop rickets, scurvy, or a variety of peripheral neuritis akin to the disease known as beri-beri. If now this diet is supplemented by a very small quantity of fresh milk, growth is renewed and these diseases disappear. That is the broad outline of the basal facts. I show you slides of two curves illustrating the growth of young rats on the pure diet with and without the fresh milk supplement.

Further research showed that there were three essential principles in the fresh food, to which the name of vitamine was given, namely: "Fat soluble A," which is responsible for growth, resistance to infections, and for the prevention of rickets; "Water soluble B," for prevention of neuritis, and probably also partially concerned with healthy growth; and "Water soluble C," for the prevention of scurvy.

The distribution of each of these principles has been worked out and is given in a very valuable table in the pamphlet on the subject recently published by the Ministry of Health, which I advise you all to read. I need not now give the details, but I may remind you that Fat soluble A is present in fresh animal fats, but absent from those of vegetable origin; it will stand a temperature of boiling point for a short time in a closed vessel (*i.e.*, without much exposure to air), but is destroyed by prolonged heating. Fresh milk and lightly boiled eggs therefore contain it. The animal derives it originally from fresh green vegetables and stores it up in its tissues, but to obtain a sufficient quantity of it direct from the vegetable kingdom we should have to eat larger quantities of cabbages, etc., than our intestine could possibly accommodate.

The Water soluble B factor is found mainly in the germ or outer part of grains—which incidentally is removed in the preparation of white flour—and in meat. It is remarkably resistant to heat and will stand all ordinary cooking.

The Water soluble C is present in fresh vegetables, and notably in fresh fruits and their juices—lemon juice being about the best—but it is destroyed by even a slight amount of heat and is therefore absent from all cooked foods and from lime juices, lemon syrups, etc., that are boiled in the course of manufacture, as most of them are.

Coming now to the practical application of these facts to the feeding of human beings, we may clear the ground somewhat by pointing out that the problem really resolves itself into the supply of fat soluble A

for infants and growing children. Both the water soluble B and the antiscorbutic C are sufficiently widely distributed in foods to give us no anxiety in ordinary diets, and adults do not require vitamines to such an extent, as the necessity for providing growth does not develop after childhood. Moreover, the diet of grown-up people is much more varied. So we will pass to the question of fat soluble A in children, with the note that if infants are to be fed on dried or otherwise prepared milk, the antiscorbutic vitamine must be supplied—as it usually is—by some fresh fruit juice.

Let us then consider fat soluble A for children more closely. Do they always get it? If they can command a sufficient quantity of fresh milk or of butter they do not suffer, but is this always possible? For artificially fed infants, milk is sometimes boiled, which may easily destroy the factor altogether. In dried milks, while it is *possible* to preserve the fat soluble A, there is considerable doubt whether this is always done. It depends on the degree and duration of the heat to which it is subjected, and, so far as my information goes, both these factors vary considerably. From what I learn from physicians and others who have a large experience of infant feeding, it seems to be agreed that a baby does not thrive on dried milk alone. When we pass the age of infancy, and poverty exists, milk and butter become prohibitive. How many poor children get even half a pint of fresh milk a day, or any butter or eggs at all? They eat margarine instead.

Until recently the manufacturers were compelled to add a proportion of animal fat to their margarine, but—unhappily—that proviso has been withdrawn. Inasmuch as animal fat is much more costly than vegetable oils, I leave it to your imagination whether a commercial undertaking will continue to use it!

But there is another factor. Formerly it was impossible to use low-grade vegetable oil, because the resulting margarine was not sufficiently firm, and the taste and smell of the oil survived. Nowadays, however, it is possible to make margarine out of almost any oil by subjecting it to a high temperature and forcing hydrogen through it under pressure, which not only removes all taste and smell, but makes the finished product firm and white. Consequently, people who formerly disliked margarine now consume it with avidity. From the point of view of the production of heat and energy this is satisfactory, but it can contain no fat soluble A whatever, and in practice does not. So if a child gets little butter and milk, or none at all, we must add fresh animal fat in some form or other to its diet. Lightly boiled eggs are useful, but how many poor children get eggs?

Now let us consider the result of this deficiency of fat soluble A. Firstly, the children cannot grow properly: that means a stunted race. Then we have the question of rickets. In a recent inspection of London County Council school children it was found that no less than 80 per cent.

showed signs of that disease; and I show you photographic slides of a puppy fed on a diet containing vegetable oil as its source of fat, and showing marked bending of the bones, which is visible not only on the direct view of the whole animal, but also in the X-ray photographs of its legs. When cod liver oil was substituted for the vegetable oil the rickets was cured. This must not be taken, incidentally, to mean that cod liver oil is necessarily suitable for children. Many cannot digest it at all, and it is therefore useless and cruel to give it. Secondly, their resistance to infectious disease is concerned, and this hits not only the individual, but is responsible for much of the extent and severity of microbic diseases —not only the infective fevers, be it noted, but tuberculosis also. Examples are within the experience of all of you. The recent epidemic of influenza took a heavy toll in death and invalidism; and the children's hospitals get more tuberculosis than ever they did, especially, as I am told, tubercular peritonitis.

How does the fat soluble A increase the resistance to infection? Personally, I think, by raising the nutrition and numbers of the white blood corpuscles. I do not wish to lay undue stress on this point, because the experimental work is not yet completed; but I may, perhaps, show you two photographs from preparations of my own. The first is one microscopic field of the blood of a rather weakly rat, not on a deficiency diet, but just a puny animal. You will notice that it contains only one white blood cell. To the diet a proportion of Virol—which was taken as the most convenient and most easily digestible source of fat soluble A—was added. The physique of the rat improved markedly, and three weeks later its blood was again photographed, and you will see that the same type of field now contains six healthy white cells. I need hardly say that care was taken to secure a correct average by counting a very large number of cells in each case.

So far, you may perhaps have the opinion that so long as fat soluble A is present, it does not matter of what the rest of the diet is composed, but this is not so. You must also have a proper balance of all its constituents. This is well seen in the case of rickets, where it was found that if a puppy ate an excess of starchy food it became rickety, even though it was receiving fat soluble A. The moral of this I need hardly point out to anyone engaged, as you are, in the practical feeding of infants and children. Do we not all know the fat baby, the pride of its parents —and perhaps taking a prize in a baby show—fed on some of those abominable starchy foods? Its arms, legs and teeth show a degree of rickets that would make it an excellent illustration of that complaint in a text book of children's diseases. Of older children, many, as you know, get too much starch, because it is the cheapest form of energy. As regards infectious disease, too, it is common knowledge in fever hospitals that those fat, starchy children stand scarlet fever and diphtheria much worse than the normal or thin subject. No, we must have balance as well. Man is a mixed feeder, and the arrangement of his alimentary canal is an

object lesson against the "arian" of any type. Nor must we forget that a food must be both digestible and palatable. Many animal fats are not. Children, as you are aware, usually leave the fat from their meat on their plates, in which their instinct is correct. Nor is the bacon fat of the present time much better. It is very doubtful whether it contains any fat soluble A, and it is so nauseous that I really wish it were relegated to its transatlantic home. It were better left for those adults whose stomachs are more capable of the herculean task of digesting it.

To sum up, in your work amongst children and infants, make sure, firstly, that their diet does contain the essential vitamines; but do not let their value be diminished by any improper balance of the other essential factors, or hindered by indigestibility.—*The British Journal of Nursing.*

News from The Medical World

By Elizabeth Robinson Scovil.

Cod Liver Oil.

In an interesting report in recent studies of the value and effects of cod liver oil, it is stated that it is reasonably certain it alters the calcium balance in such a way that calcium is retained in the body. It increases the capacity of the skeleton to take up or hold calcium. This fat contains a liberal portion of vitamin A, the fat soluble food necessary. It is believed to be of unequalled value in the prevention and cure of rickets. Even the refined oil is far richer in vitamin A than butter is. If it is only thirty times richer, the dose may be measured in drops instead of ounces.

The Cost of Typhoid.

A recent typhoid epidemic at Salem, Ohio, is estimated to have cost approximately $450,000. This loss was due to an entirely preventable cause. Tile pipe had been used for the transmission of the water supply because it cost $1,500.00 less than iron pipe. The pipe was broken and the water became contaminated with typhoid germs.

A Garden Sanitarium.

A bill has been presented to the House of Commons at Ottawa advocating the establishment of sanitariums for the returned soldiers suffering from tuberculosis. They are to be similar to the Garden Colony in England. Out of 100 men sent to that institution, many being serious cases, only one death has been reported. A farm on the mountain near

Hamilton has been acquired, and there are now forty-five cases there under treatment.

De-Population of the Country.

An English authority says that in spite of natural tendencies the British people, under the influence of commercial development, have been steadily forsaking the fields and flocking into the towns until the depletion of the country-side is one of the great tragedies in our history.

The Good Effects of Tea.

Dr. M. A. Starr, of New York, says that there is an excellent reason for the prevailing use of tea, more especially in the late afternoon, when the fatigue of the day renders a mild stimulant desirable. It is not harmful in moderation. After its use there is a more rapid train of thought, an increased association of ideas, keener appreciation of things read, or heard, or seen, and a mental stimulus estimated as an increase of mental activity during the first hour of from 5 to 7 per cent. There is a sense of increased power, which is attended by pleasurable sensation, a feeling of brightness, cheerfulness and mental activity.

Sugar in Infant Feeding.

A French physician advocates an increase of sugar in infant feeding. He has found it useful when the food has to be restricted in fats and proteins and when forced feeding is necessary. Highly sweetened food has at times arrested vomiting, a few spoonsful of very sweet boiled water being used. The weight is often brought up to normal when the food is made very sweet and the sugar seems to be well borne. It appears to lessen diarrhoea when that is present.

Public Health.

The health department of New York City and State have adopted as their motto, "Public Health is purchasable. Within natural limitations a community can determine its own death rate."

Feeding the Baby.

A correspondent of the Journal of the American Medical Association gives some valuable advice on this subject. He says it is almost impossible to overfeed a baby on breast milk, or a reasonably appropriate mixture, if a three-hour interval is allowed between meals, because the baby will not take more when it has had enough. As a food he prefers boiled simple milk dilutions with dextrimaltose gradually added, in a few days, up to the maximum of four level tablespoonsful for a child under 10 pounds and six for the child over 10 pounds. "Simplified Infant Feedings," Bennett, New York, 1920, is recommended as a guide.

Cessation of Nursing.

The same authority states that milk can readily be brought back to the breast after a month of weaning, and often after two or three times

that length of time. It is a matter of weeks, not hours, for the milk to disappear and the breast cease to function. Perseverance will usually restore it.

ETHER IN WHOOPING COUGH.

An Italian physician reports favorable results from the injection of o. 5. to 2 c, c, of ether deep into the gluteal muscles in cases of whooping cough. From three to six injections were made, beginning at the sixth to fifteenth day of the disease. The ages were from 6 to 11 years. The treatment has kept up from six to twelve days, making the injections every second day. The first may be a little painful; the spot is massaged first with a little ether and alcohol. These never have much swelling nor any suppuration. The vomiting stopped as if by magic, the paroxysms were milder and gradually ceased altogether.

The Foreigner at Home

(A Bit of English Landscape in Travelling from England to Scotland)

"The change from a hilly to a level country strikes him with delight and wonder. Along the flat horizon there arise the frequent venerable towers of churches. He sees at the end of airy vistas the revolution of windmill sails. He may go where he pleases in future; he may see Alps and pyramids and lions; but it will be hard to beat the pleasure of that moment. There are, indeed, few merrier spectacles than that of many windmills bickering together in a fresh breeze over a wooded country; their halting alacrity of movement, their pleasant business, making bread all day with uncouth gesticulations; their air, gigantically human, as of a creature half alive, puts a spirit of romance into the tamest landscape. . . . The warm habitable age of towns and hamlets, the green, settled, ancient look of the country; the lush hedgerows, stiles, and priory pathways in the fields; the sluggish brimming rivers; chalk and smock-frocks; chimes of bells, and the rapid, pertly-sounding English speech—they are all new to the curiosity; they are all set to English airs in the child's story that he tells himself at night."—*The Hospital World.*

A drawer that runs hard and is noisy in opening and closing can be made to work smoothly if taken out and the edges thoroughly rubbed with hard soap.

Public Health Nursing Department

Address public health news items from each province to the following representatives:

Nova Scotia
Miss Margaret McKenzie,
Department of Public Health,
Halifax.

New Brunswick
Miss Sarah Brophy,
74 Carmarthen Street,
St. John, N.B.

Quebec
Miss Sarah Fraser,
110 Crescent Street,
Montreal.

Ontario
Miss Muriel McKay,
Industrial Nurse,
Ontario Hydro Commission,
University Ave., Toronto.

Manitoba
Miss Elsie Wilson,
798 Grosvenor Avenue,
Winnipeg.

Saskatchewan
Miss Edna Morgan,
Normal School,
Regina.

Alberta
Miss Genevieve deTurbeville,
Prov. Public Health Dept.,
Edmonton.

British Columbia
Miss M. A. McLellan,
1883 Third Avenue, West,
Vancouver.

MISS F. EMORY,
Chairman of Section,
City Hall, Toronto, Ont.

The following nurses recently graduated from Dalhousie University in the Public Health Nursing Course: Misses Frances Fraser, Dorothy Donald, Anna McDonald, Charlotte Brown, Mary Smith and Blanche Merlin, Margery Kerr, Gertrude Crosby, Janet Campbell, Christine McMartel. The Class President, Miss F. M. Fraser, entertained her colleagues at an afternoon tea at the Wagweoltic Club.

The executive officer of the Massachusetts-Halifax Health Commission announces a number of new appointments to the staff. Dr. J. A. M. Hemmeon has been appointed one of the attending ear, nose and throat specialists in the Health Centre and will attend clinics each Friday afternoon and operate each Tuesday morning.

Dr. Harry Morse has been appointed by the Commisison as special assistant in the Provincial Laboratory, under the direction of Dr. Nicholls. Dr. Morse will undertake special laboratory investigations in connection with the Health Centre and will be available to undertake laboratory investigations for physicians and health authorities of Halifax and Dartmouth.

Miss Francis Fraser, Miss M. J. Small, Miss Anna MacDonald and

Miss Dorothy Merlin, graduates of the class in Public Health Nursing receiving their diplomas, have been appointed to the Health Centre nursing staff. Miss Fraser will work from the Dartmouth Centre, the other three from Admiralty House Health Centre.

A special dental service is being organized by the Executive Officer of the Commission for the summer months. It will be under the advice and general guidance of the Consultant in Dentistry, Dr. Frank Woodbury and Dr. Arabella MacKenzie, a paediodontist at the pre-school age dental clinic in Admiralty House Health Centre. Appointment of Dr. J. S. Bagnall, as supervising dentist, and Dr. J. H. Lawley, first assistant, has been made. On the 9th of May these two dentists will begin work in the Infirmary of Dalhousie University. Two more men will begin work June 1st.

The School Board of Halifax has arranged to have the school nurses, during the latter half of May and June, make social investigations in the homes of children needing dental work and making engagements for their treatment in the Dental Infirmary. These nurses will give a month of summer holiday to this work.

The newly appointed school nurse will begin work at once in order to help speed up this campaign of dental hygiene.

Children having need of operation for the removal of adenoids and tonsils will be given the right of way in the dental hygiene clinic. In the beginning only children under ten years of age will be treated. Later in the summer perhaps the age limit may be raised to twelve years.

The same opportunities will be afforded the school children of Dartmouth, both in the dental hygiene and the nose and throat clinics. These special clinical services will be of great interest to members of the Canadian Medical Association who meet here in June, and will serve to demonstrate to the professional of Canada that Halifax is thoroughly awake to health needs.

It is doubtful if any vacations will be given the staff until August, when this period of special activity will have ended.

The monthly report of the Health Centres' work, just presented the Massachusetts-Halifax Health Commission, by the Chief Nurse, states that 486 nursing, medical and dental consultations were held in the various Health Centre clinics during April; 117 in the Child Welfare and Prenatal Division; 72 in the Ear, Nose and Throat Division; 14 in the special Psychopathic clinic for the disaster injured, and 87 in the preschool Age Dental service. Fifty-five medical and dental clinics were held during April, eight of these being in the Tuberculosis clinic of the Halifax Dispensary. One hundred and sixty-nine new patients were registered for advice and treatment; forty patients in attendance during previous months were discharged during April. The public health field nurses made a total of 940 visits to the homes of persons utilizing the

Health Centres for advice. At the end of April 909 individuals were under health supervision.

Eleven classes in First Aid were conducted during April by representatives of the St. John Ambulance Association in the Health Centre at Admiralty House. On one occasion the First Aid Class was given an address on Public Health by the Red Cross Commissioner, Dr. Craig. On another occasion a talk on Personal Hygiene was given certificate holders of the St. John Ambulance Association by the chief nurse. Three classes in First Aid were held in the teaching room of the Dartmouth Health Centre. One public health talk was given to this class by Miss Patterson, the nurse stationed at Dartmouth. Outside talks given by nurses associated with the Health Centres during the month were as follows: Miss Keatings addressed the girls from Moir's factory on the 15th, Miss Graham addressed the A. M. E. church on the 24th inst., and conducted a well baby judging contest at the same church on Monday, the 25th. The chief nurse delivered an address at the annual meeting of the V. A. D's. The work of the Health Centres is growing so rapidly that the staff have difficulty in keeping up with the growth.

This recent act in Wisconsin may interest Canadian Public Health Nurses. This synopsis is sent out by the State Board of Health:

"You may know of the law creating Section 1411s of the statutes which has recently been passed and which places all public health nurses under the general supervision of the State Board of Health. The law has been published and is now effective. This in most cases merely gives official sanction to a condition which already existed.

We have, however, been unable to meet all of the demands of the nurses for advisory service, but with our increased appropriation for 1921-23 we will be able to add to our staff in order to give better service.

The law, in effect, provides:

(1)—That all public health nurses and health instructors not working under the supervision of a resident chief nurse shall within sixty days after July 1, 1921, *file with the State Board of Health their names and addresses with a statement of the kind of work each is doing and by whom employed.*

(2)—The qualifications of all public health nurses and health instructors who may hereafter enter such employment shall be determined by the State Committee of Examiners for Public Health Nurses.

(3)—After passing the examination the candidate will be certified by the State Board of Health to the employing body.

(4)—Monthly reports are to be made to the State Board of Health.

(5)—All blanks and forms used will be the standard ones outlined by the State Board of Health.

The State Board of Health is empowered 'to make such recommendation as will aid in the proper administration of the work.' Under

this clause the *advisory service of this Bureau* is established. Please feel free to call upon us for any assistance you need. Our field nurses will visit you occasionally and *will be prepared to asist you in any way desired.*"

Department of Nursing Education

Conducted by the Canadian Association of Nursing Education

Points to be Considered in Nursing Education

By E. Nora Nagle, R.N.—Hamilton General Hospital.

The aim of the Schools of Nursing to-day is, to give to the people young women trained in the art of nursing—intelligent, observing young women who realize their power to help, and who are ready to do their part in the war of prevention which wages to-day.

To realize this aim and to prepare the pupil for all that is demanded of her, the Training Schools have become not merely institutions in connection with the Hospital, but Schools of Nursing in which the Hospital is the valued field of application.

The young women who enter the School as students come from varied environment, from every walk of life. There is great diversity of opinion, of attitudes to life—of development among them, but all hold in varying degrees of strength an ideal—the nurse. The previous education of the pupil, the good derived from it, and the use made of opportunities, makes each student a problem to be studied by those who accept the responsibility of her training. Knowing little, coming to this untried existence with a common purpose, makes the pupils pliable and receptive, and from this the building of a future is begun.

The power of the school is immeasurable, and every school of nursing, whether large or small, must realize its responsibility, and that realization must begin with the students' entrance into the school.

There must be some person or persons, then, whose interest is the pupil, only. The busy Superintendent or Directress of Nurses cannot be the one, nor the Supervisor with great Hospital responsibilities. It must be some one who can give thought and care to the individuality of the pupil. The Instructress has every opportunity of knowing her pupils, can study their possibilities and is able to assist in adjusting—during this first three months of difficult adjustment—the old abstract visions to the

new facts, at the same time keep their ideals ahead of them, preventing, if possible, the shadow it becomes from the wear of routine. The pupils usually find it easy to come to her with their problems, however small, for solution. During this receptive time, the Instructress lectures in anatomy, hygiene, chemistry, etc. These subjects are given, not entirely for the knowledge of facts gained, but serve as a means of developing thought and observation—a basis for the realization of experience. The pupil cannot appreciate valuable experience without this preliminary work. It is long, patience trying at times, and means, if the aim of the school is to be attained, much individual work—with difficult or unresponsive pupils.

If these subjects are taught by doctors or executives whose administrative duties are many and absorbing, much of the educational value that development brings is lost, and a knowledge gained becomes the only acquisition.

The Instructress follows the pupils' work in the wards, watches detail and application, helps in the guidance of difficulties, and in every way, through interest in the pupil and her work, tries with the Charge Nurse to relate ward conditions to class-room instruction. The Instructress must know the facts of cases in the hospital—new methods of treatment—the difficulties arising in the wards—so she may relate her lectures to them, or use such examples in illustration; so with the cooperation of the head nurses, the pupils may have every opportunity of all round advancement.

During the second and third years of the nurses' training, the same observation of work is carried out. The Instructress gives some lectures —attends those given by doctors—and is able, by questions, talks and correction of notes, to relate one subject to another—to clear doubt and to help in solving problems the pupils bring to her. She hopes at this time that the development of thought and observation, which has been much in her power, will have prepared the nurse to accept the responsibility of a graduate nurse in all its many phases to-day.

An Instructress is not a luxury gained by the larger hospitals, but a necessity, if anything a greater necessity to the small Schools of Nursing, for, as a rule, the medical men attached to the staffs of the small hospitals are busy practitioners, and, however much they may be interested in the pupils' training, long distances and irregular calls interfere with scheduled classes, even more in the country districts than in the larger or University Centres, where cancelled lectures at the last moment are unfortunately not unknown.

Every School of Nursing should have at least one specially qualified instructress, and when the hospital is not in a University Centre, (and consequently the difficulties of getting a good lecture course at all times is considerable), a second instructress should be employed, so that practically all the subjects, other than definitely medical and surgical lectures,

could, if necessary, be given to her. I was much struck by the remark of a superintendent of a small thirty-bed hospital who was looking for an assistant, and someone suggested that it would be better to have an Instructress. The Superintendent replied, "Why there isn't enough work for an instructress with nine pupils," and it is this attitude of hospital authorities not realizing that nine nurses in a small community are just as important as the ninety-nine in the large city that makes it so difficult for the small hospital to procure pupil nurses. I think there is a wonderful opening for a travelling instructress, who could teach such subjects as Anatomy, Chemistry and Bacteriology in several hospitals, if they could co-operate in drawing up their schedule of class-work.

I would like to touch, too, on the importance of supervisors and charge nurses co-operating with the instructress—by supporting her methods, seeing they are carried out in the wards, and never criticized unless to her, or in conference.

I have long felt the tendency to a gap between the lecture room and the application of what is taught there.

One of the advantages of two instructresses is, that it gives both greater opportunities of following up the teaching in the wards, and would favor a division of administrative duties, rather than one having no direct connection with the practical working of the hospital.

School Inspection Work Among the New Canadians

By Mima Russell.

Read at the Saskatchewan Registered Nurses' Association, 1921.

When Miss Urquhart asked me to tell you about my work among the new Canadians, I said yes, without realizing what was before me.

One gets used to saying yes when doing school hygiene work, so many unexpected things crop up.

At one of the school fairs recently, the inspector was unable to be present, and the committee thought, because I was connected with the Department of Education, that I could take his place. There was no one else to do it, so I had to go ahead and do my best, even to conducting three spelling matches. By the way, those children could spell.

I can talk for an hour now to parents about tonsils, adenoids and teeth, or to trustees about the condition of their schoolhouses, but it is a different matter speaking before a group of nurses.

If my talk is a little personal, I hope you will pardon it; I cannot well help it and tell what is being done in the Yorkton Inspectorate. A friend of mine recently went to hear a new clergyman preach, and the thing that impressed him most was his frequent use of the word "I,"

and before he realized what he was doing he found himself counting the number of times it was said.

Since hearing that story I always fear I, too, am too personal.

My work lies in the Yorkton Inspectorate, consisting of a territory 2,500 miles square, with 1,700 rooms to inspect. You can realize that it takes some time to cover the ground.

With the exception of Kamsack, Melville and Yorkton, the hotel accommodation is very limited, and it means long drives each day, consequently one cannot do as many schools as one would wish.

In some, in fact in many, of the schools the children are entirely new Canadians, and these schools are usually crowded 35 to 45 pupils for one teacher.

Certainly there is no lack of children in Saskatchewan, if it is all like the Yorkton Inspectorate.

Everywhere the schools are full to overflowing.

The question of finding suitable teachers for these new Canadians is one of the big problems of the Department of Education at present.

The living conditions in these rural localities is very trying at times. Often the teacher is the only English-speaking person in the district, and it must be very lonely not having someone to talk to in your own language.

I have often come away from a school feeling that if I have done nothing else I have helped the teacher. The fact of being able to talk over school difficulties with someone interested in the work lightens the burden a little.

The Department of Education, as some of you know, is urging the building of teachers' residences near the schools in rural districts, as it is so difficult for the teacher to find a comfortable boarding house

Quite a few of these residences have been built in the Yorkton Inspectorate lately and are proving an inducement to the teachers to stay longer in the district. The constant change of teachers is hard on the children and makes the work of the school nurses more difficult.

In Saskatchewan the need of teachers is so great that some are teaching on permits. These will be done away with in time.

It is somewhat discouraging, after persuading the teacher to get rid of the roller towel and common drinking cup, to go back later and find a new teacher and the old towel and cup in place again.

One can almost tell at a glance round the school whether the teacher has had the benefit of the hygiene classes in the Normal Schools of Saskatchewan. The teachers know the reason why health rules should be observed and try to follow out the lessons learned at Normal, in spite of their many difficulties with the trustees.

I seem to be dwelling a good deal on the teachers, but I never realized until I began school work how much the welfare of our country depends on the teachers in our schools. Some of the teachers in these new Canadian schools are doing as much missionary work as those in foreign lands and under more trying circumstances.

To the children in many of these schools the coming of the inspector and school nurse is an event in their lives. Though the first two or three examined may be nervous and afraid, the rest do not mind, as the children pass the word along that nothing hurts them.

They all want slips whether they need them or not, not understanding in many cases what the slips mean at first. In one school I visited where none of the parents could read English, the teacher, a Regina boy, had them translated into Gallician by one of the older scholars. This teacher, by the way, had been too young to go to the war, so when old enough gave a year to teaching in a new Canadian school as his contribution to his country.

We have great problems before us in this Canada of ours. Having brought the stranger within our gates, we must Canadianize them, or there is trouble ahead. We cannot expect to do much with the older generation. It is not easy to change when grown up, but our hope lies in the children. After working with them for over a year, I feel they are very much worth while. Many of them are clever and anxious to get on. Some of our brightest students in the collegiates are new Canadians.

The lack of water in this country is one of the handicaps in the teaching of good health habits to children. What's the use of telling the children to wash their hands before eating their noon-day lunch if there is no water to wash them with. It is hard to make some Trustees see the need of adequate water supply. By the time the children now in school are trustees, things will I hope be different.

Hygiene is being taught in all the schools now, and children are learning not only how to live well but the reasons for so living. It will take time to bring about results, too.

As an example of this, let me tell you of a boy I know 12 years old. His mother said to him one day: "Lindsay, why do you not practise some of the things you learn in your hygiene class in school?" His answer was: "O mother, I am not learning that for myself, but so that I can teach my children what to do."

The improper housing conditions is one of the chief causes of so many diseased throats among these children. The houses are sealed up all winter and the same air is breathed over and over again, no fresh air being admitted except when the door is opened to let some one in or out.

Those of you who have not looked down the throats of a number of

school children would be amazed at the sight of some of the tonsils I have seen. I thought I knew a good deal about tonsils till I came out here, but I assure you I knew very little—such tonsils I never saw before. How some of the children swallow is beyond me at times. As a rule I find more enlarged or diseased tonsils among the new Canadians, while adenoids are more common among English or Canadian children.

The teeth vary—they are either very good or very bad. I saw some beautiful teeth among the Doukhobors and Hungarian children.

There is great need for the work of a school nurse among these people. The response to the slips sent home is not as great as one would wish, but, as I said before, the work is new and takes time. Many more of my people would have treatment if doctors and dentists were more plentiful.

The Saturday following my visit to one school, six children went in to the nearest town to see the dentist who was due there that day, but he failed to keep his appointment and has since given up.

There are no dentists between Yorkton and Foam Lake on the C.P.R. line, a distance of about sixty miles, so you see what it means to some of these people to get the necessary work done. I sometimes wondered if I did not find too many defects, till after one of the Yorkton doctors asked me for a list of children in a town nearby needing treatment. He had many patients in that district and thought he might be able to help on his work. He was amazed at the list, but later on had occasion to visit the school about some trachoma cases, and afterwards told me that, if anything, I had erred on the safe side, for it seemed to him that every child present had some defect.

The people in that town can well afford to have their children treated, but so far do not see the need of it. They prefer to buy new cars, but the children are becoming interested and will, I hope, want to have their defects remedied so that they may grow up strong men and women. It is not always those best able to afford it who have their children cared for. This summer, in one school where everything seemed hopeless, I found a small boy of seven years wearing a dress, and later his teacher told me he had some defect which prevented him being properly dressed. I investigated and found he had a very bad scrotal hernia. Mr. Wallace, the Inspector, is interested in the health of the children, and, when I find a very needy case, is always willing to take me to see the parents.

I wish you could have seen us that day. The shortest way was through the fields, and the other children, realizing that something was going on, followed us to the home, little and big, running as fast as they could after the motor.

She said "Come," and we went into the house. She sent all the others out, closed the door, got a pillow off the bed and put it on the floor under the little boy and put the hernia back in place. I then tried

the father and told him the boy should be in the hospital. "Too poor; no money," was the answer.

When we got back to Yorkton we arranged with one of the doctors to look after the boy, and the Daughters of the Empire agreed to pay his hospital expenses if the municipality would not. I was away from town for a week, and learned on my return that the parents had brought the boy in and he had been operated upon successfully. The municipality paid all expenses very willingly.

In conclusion, I would like to tell you of two cases just to show you how children respond and why I feel that our hope of results lies in the educating of the children along health lines.

A small boy said to me, when I was inspecting there after Easter this year: "Miss Russell, did you speak in the town hall to the boys and girls last fall?" I said, "yes, were you there and what did I tell you?"

You said, "we should have our windows open at night."

Think of the wee lad remembering for six months what I had said. Evidently having the window open at night was a new idea to him.

I was examining a little girl's head one day and found it necessary to send her home to get cleaned up, giving her directions how to do it. An older girl standing by said: "Will you give me one of those papers, too?" I examined her and found her in a sad way, her head one mass of sores and the glands of her neck swollen and painful from pediculosis infection.

She was eleven years old; her mother had been in Battleford asylum for ten years. Barbara tries to keep house and go to school. Her brother, Metro, told me with great pride that Barbara could bake, cook and wash. I told her the first thing to do was to cut off her hair and get cleaned up.

The doctor in the locality happened to come up to see me about some children, so I asked him to look at Barbara, and he agreed to treat her free for the glandular condition.

When I was up at the school fair later I saw Barbara. She is a changed child, head quite clean, and she feels she can look the world in the face again. She had no one to tell her what to do before and evidently felt very keenly about it. Her teacher had forty pupils and had little time for individual care. Barbara won first prize for her hemming of a tea towel at the fair (her first attempt at sewing) and brought it to show me with such pride, for she felt I was interested in her and would be pleased she had won a prize.

Miss Browne asked me once if I didn't think this was the best work I had ever done. Certainly it is the most needed I had ever done, and if I have the means of helping even a few children to better health and of brightening their lives a little bit, it has been worth while.

The Hourly Instructor

By Grace C. Robinson.

While greater emphasis is being increasingly placed upon the educational aspect and value of the training of the student nurse, the ever present problem is the procuring of the qualified instructor. While this shortage or problem is felt to some extent in the large city institutions conducting nursing schools, it is much more acutely felt in the small hospitals outside the city. These small schools have much difficulty in offering to the student nurse such a course as will compare favorably with that offered by the city hospitals which have a large staff from which to draw instructors.

To many young women there are definite advantages in securing their nursing education in a small hospital, permitting the student nurse to be near her home and friends. Her training is more intensive; she is called upon for a greater variety of work; greater demand is made upon her initiative and resourcefulness in a smaller rather than in a larger, more formal school of nursing.

The small nursing school has a very serious problem to face, however, that of providing instruction in special branches such as nutrition and cookery, chemistry, bacteriology, urinalysis, diet in disease, massage, etc., which subjects require the specially prepared instructor.

In large hospitals this type of teaching is more easily procured. For example, one of the important duties of the dietitian is to give the students in training theoretical and practical instruction in nutrition and cookery, also in dietetics. As a rule the hospital with less than fifty beds does not employ a trained dietitian, nor does it have full time pathologist nor technician, nor massage and electro-therapy department.

In the case of chemistry, this difficulty of a special instructor is partly overcome in many nursing schools by the custom of sending the student nurses to the nearest High School. Nutrition and cookery may also be handled in this way. Diet in disease, bacteriology and urinalysis are given by physicians of the staff as volunteer work, but this work is often irksome to a busy man. In the first instance, while the privilege of securing these subjects is of undoubted value, the time and energy expended by the student in going to and from the High School is a physical strain and the student reaches the High School often too tired to benefit by the class of work which is being given; and if she goes on duty after her return to the hospital, her haste and fatigue often prevent efficient work.

And, too, the student from the hospital attending the High School for these subjects is obliged to conform to their requirements as to subject matter, and number of hours for the courses. This results in the student nurse giving her time to much work not required. While this work has a value, it is not essential for her nursing course.

A solution of this problem is the employment by the nursing school of an hourly or visiting instructor, qualified to teach these special subjects, who would go to the various hospitals and give the student nurses these courses as outlined in the Standard Curriculum.

My own experience as an hourly teacher of special subjects in Southern California during the past few months has been so encouraging to me that I would like to call the attention of others to this field of work.

Appreciating the conditions mentioned above, three months ago I started a new venture here "trying out" a plan to visit hospitals conducting nursing schools to teach certain subjects at the hospital to the student nurses, instead of their going to the High School for their instruction. When the plan was first suggested to the Superintendents of the nursing schools, I frequently met the objection that the expense, for example, of equipping the laboratory for the course in chemistry would be prohibitive. Actual experience, however, has proved that the original outlay for necessary apparatus and reagents to give the work as outlined in the Standard Curriculum was quite reasonable, provided we could borrow from the hospital clinical laboratory the more expensive apparatus for occasional use. It is also possible to improvise inexpensive substitutes for some of the more expensive equipment.

As for the equipment for the cooking courses, one hospital, the Community Hospital of Santa Ana, installed a complete cooking school outfit for individual use. But in most of the hospitals we improvised and used what was at hand in the general and diet kitchens.

By careful planning of work and time, these classes can be so given as not to interfere with the usual routine of the department. As the groups of students taking these courses are small, it is not difficult to improvise as to equipment and methods and secure satisfactory results. The greater amount of individual attention which can be given while teaching a small number more than compensates for the unavoidable deviation from the "ideal laboratory."

The first venture was in the Riverside City Hospital, where I went in September before the school had begun the winter classes, living for the time in the hospital. I therefore had the undivided time of the student nurses in their study period. The Superintendent generously co-operated in every possible way, securing an extra graduate nurse to relieve the student nurses during class hours, and I was able to cover a good deal of ground in our intensive courses in chemistry and diet in disease.

Two courses have been completed in one of the Los Angeles hospitals, chemistry and nutrition and cookery; and a course in chemistry in another hospital. But the greater part of my work has been in the hospitals in neighboring towns, especially where no resident dietitian is employed.

A class in diet in disease has just been finished at the Fullerton General Hospital. Two courses, nutrition and cookery and diet in disease, were given at the Community Hospital at Santa Ana. A class in diet in disease is just starting at the Orange County Hospital.

At present I am giving a course in chemistry and bacteriology at the San Antonio Hospital at Upland. When we finish this, we will take up nutrition and cookery, diet in disease and laboratory technique for the senior student nurses at this hospital.

In February I expect to go to the San Bernardino County Hospital to teach three classes—chemistry, bacteriology and nutrition and cookery. As this hospital is like Riverside, too far from my headquarters to visit semi-weekly, I expect to go and live in the hospital while teaching there.

Having taught a class of nurses at the Massachusetts General Hospital their nutrition, which I was then studying myself, and having taught chemistry to the students in the Army School of Nursing, besisdes having had much experience as laboratory technician in hospitals, I have been able to adapt the courses to the special needs of the student nurse in trainng. In the classes in chemistry, especially, my aim has been to correlate the theoretical with the practical and to give a foundation for a better understanding of anatomy and physiology, nutrition and materia medica, studies which the average student nurse finds difficult to apply at the very beginning of her class work in the hospital.

From observation both here and in the east, I believe the hourly instructor who specializes in certain subjects will be included in the personnel of the majority of the nursing schools in the very near future.

—*"Pacific Coast Journal of Nursing."*

The World's Pulse

By Elizabeth Robinson Scovil.

A Wonderful Octogenarian.

M. Clemenceau, late the Premier of France, now in his 80th year, has recently returned from six months in India and Egypt, bringing with him the skins of two magnificent tigers, which he shot himself His hand is as steady and his eye as keen as in more youthful days. He is planning a tour to Australia.

A Nerve Test.

Dr. Risien Russell, described at the Institute of Hygiene a simple test of the condition of the nerves. When the sole of the foot is gently tickled, if the nerves are in a normal condition, the toes crumple together. If the great toe goes back and the others with it, or remain in the same position, the nerves are out of order.

An Air Newspaper.

A paper to be called the Aerial Mail is to be published, edited and printed in an airplane, in flight. It is an English venture, and the paper will be printed in French and English on two planes leaving London and Paris simultaneously. News will be received by wireless en route. The copies will be distributed by parachutes, which will drop them over the towns above which the airplane is flying.

Suffrage for Squaws.

The women of the Penobscot tribe of Indians, living near Oldtown, Maine, are demanding equal suffrage. The braves are enormously indignant, as the squaws have received a ruling from the Attorney-General, encouraging them in their desire for the franchise. The Confederacy of Iroquois Indians was the first great American State and the earliest form of a League of Nations.

A Pullman Airship.

A British passenger airship has been built on the Clyde which is said to be a pullman car of the skies. It has a dining-room with linen-covered, silver-laden tables, rugs and soft hangings. It has two rows of cabins, each accommodating two passengers. The beds are hammocks, as comfortable as those in the finest sleeping car. During the day the beds will be folded up and the space transformed into a drawing-room with delicate light blue curtains and deep, comfortable lounge chairs. There is a telephone communication with all parts of the vessel and wire-

less with the land. There are five engines with a total of 1,570 horse-power.

A Woman 3,000 Years Old.

The mummified body of a neolithic woman, who died 3,000 years ago, has been found in a field in Jutland and placed in the National Museum in Copenhagen. She seems to have been a person of rank. The skull is still covered with dark brown hair. The remains of the garments show a short jacket with sleeves and a petticoat. Round the waist she had worn two belts, one with a large belt plate, and a flat and round bracelet. Clinging to the hair was an earring of bronze. The body was wrapped in a cow-hide and laid in a hollowed black tree trunk as a coffin.

An Airship Port.

In the development of air traffic, air ports will become a necessity. At one at Pulham, in Norfolk, there is a mast to which airships can be moored. It consists of a steel girder of lattice work, with a circular platform at the top carrying the gear by which the airship is received and held. Water for ballast and gasoline for fuel are pumped up by electricity and carried by pipes into the airship, and hydrogen is pumped into its gas bags. Passengers and freight will be carried up by an electric elevator.

Securing a Husband.

The Municipality of Paris has engaged Prof. Mahout, of the Borbonne, to speak three times a week to girls of the working classes on the best way to attract a husband. The shortage of men and the high cost of living is causing difficulties in this matter. Prof. Mahout's theory is that the best way to attract and retain a husband is to feed him well. He advises his pupils to learn to cook. He says by scientific education the mother of a family must become an engineer of nations and a health creator of strength and life. He considers it still true that the way to man's heart is through his stomach.

A New Canadian Coin.

It is proposed to issue a nickel five cent piece for Canada, the same size as the American coin of that face value. Our coin will be all of nickel, the one coined in the United States being 75 per cent. copper and 25 per cent. nickel.

C. A. M. C. Nursing Service Department.

EMPIRE DAY, 1921—BY NURSING SISTER X.

In our town the day dawned clear, sunny, and cool. The excessive heat (92° in the shade) which immediately preceded had somewhat lessened the fervour with which we looked forward to the proposed picnic. For the nonce marital were to be exchanged for martial relationships. A refreshing downpour of rain on the night of the 23rd revived enthusiams. Our minds became again wholly intent upon re-union. This last word surely tells who WE are: to whom other than the C.A.M.C. does the phrase signify so much? Methinks it has magical sound in the ears of the Overseas. Here, we are seven—three Mayflowers, four Cauliflowers; four plus husbands, three minus. We meet often but always just ourselves on the second Thursday of every month. The "Tea and Toast Club" we style ourselves. Husbands were privileged to attend the April meeting. To these "Men of Wrath" it was then announced,

"The 24th of May is the Queen's birthday,
If we don't get a holiday, we'll all run away."

Rather than face such an embarrassing contretemps, the "Men of wrath" at once assented. They agreed to devote that day to angling. To this we acquiesced on condition that the exercise be confined solely to rod and line. Judging from the resultant mosquito bites and intemperance of language, we infer the wiles of the "Men of Wrath" did not extend beyond the stream.

We seven met at the railway station at 10 a.m. Comfortably attired in modern fashion, we not only looked but felt like school girls. Even the baskets we carried reflected a smile; they winked slyly as though to say, "You can't guess the surprises we hold." An hour's ride and the party detrained. More than one envious glance followed.

On the way through the car, Sister A. (who can almost hear the wool growing on the sheep's back) overheard a young man say to his companion, "I rather wish we were getting off here, their merriment is so infectious." Indeed the destination had not been chosen without earnest thought. "Over There" we had enough of trippers and their favourite haunts. Quiet, leisurely enjoyment, uninterrupted by discordant note, was to-day our purpose. The rendezvous was to be in a

comparatively unfrequented spot. A short walk along a dusty road, over a stile, through a field in which, under a solitary tree, stood a cow chewing its cud, lazily swishing its tail the while. "Portends heat and flies," remarked Sister C., who was of the country bred. We smiled at the suggestion that anything should mar our pleasure this day. Presently, with no stile in sight, we scrambled over a high fence and found ourselves at the edge of a wood. With indigenous eye, Sister C. discerned a path. It was followed. Over head, shade, under foot, a cool responsiveness. Hearts and baskets grew lighter. Almost too soon an inviting glade came into view through the trees. A trifle loth to leave the pleasant path, we turned aside. Under an expansive beech tree baskets and rugs were dropped. Taking a slow survey of sky and landscape, seven pairs of arms were extended simultaneously. As if by one impulse, seven Sisters drew in choking mouthfuls of purest air serene. Speech was unnecessary; the joy of mere being was all sufficient for the moment. "Hark! the birdies welcome!" came as interruption from little Sister C., whose ear is ever attuned to all that stirs or breathes of nature. "'Tis a fox-sparrow," she added, and further explained the distinguishing marks and habits of the family. At the mention of its favourite food, Sister D. commented, "I could do with a little myself right now." Again were we one in mind. Sister F. (by virtue of marked domesticity) was appointed Home Sister A.C., and Sister E. (because of her lectures on Child Welfare) Home Sister P.C.

Whilst the table (!) was being laid, the unemployed sauntered further into the wood. With unerring instinct, Sister C. led the way to a little brook, the gentle murmur of which had been earlier noted. A few minutes walk along the ribbony course and, where on one side the bank inclined still higher, we came upon what might once have served as "swimmin' hole." Leafy beech trees stretched vibrating arms from either bank and met to bow in prayer. Scattered rocks made stepping stones the entrance to safe seclusion. From such reflections we were disturbed by a whistled imitation of "Come to the Cook-house, dour boys." Response was quick. The enticing spread that greeted the eye was itself a picture. Rugs, strewn with violets and trailing vines, constituted the table, and on this was to be found cold chicken and ham, stuffed tomatoes merrily red and bubbling over on to crisp lettuce leaves; radishes, thin bread and butter, fruit salad, cake, and iced coffee. Not a crumb fell from the rich man's table, all was greedily devoured. The P.C. Home Sister tidied and shook her house. Then, alas! that it must be acknowledged, six of the seven Sisters became chimneys pro tem. The insidious lull of the fags paved the way for Morpheus. Soon there were seven sleeping Sisters. In less than an hour the bleating of a stray sheep awakened our household. Placing the stores in a tree beyond the reach of such visitors, we betook ourselves to the 'swimmin' hole! Shoes, stockings and skirts were quickly shed. Wading became an order. Echoing and re-echoing shouts of glee rang out. We were

but sixteen years young. Care, if the monster existed, was cast aside. Forgotten were domestic responsibilities. Like the birds of the air we were no longer solicitous for the morrow. When we had our fill of splashing about, a council of ways and means was held. Two members were detailed and set off on tea duty. Call to the repast came in the form of a melodious "Coo-ee." How it awakened recollections of the "Aussies" we had nursed "over there!" Queried as to how she had in such true fashion acquired the mournful note of the "Coo-ee," Sister G. replied—but "that's another story." Had we not been so eager to stake thirst and appetite, we should have teased for the story then and there. Still we knew that the latter would keep whilst the former was actively impatient. Heaps of sandwiches, more thin bread and butter, strawberries and more cake disappeared in almost the twinkling of an eye. We drank to the God of the Thermos—he who blows hot or cold at command. Cigarettes and confidences were then exchanged. Letters, interesting and amusing, from mutual companions-in-arms were read. What a train of memories these set in motion! A "d'ye mind?" and a "don't you remember?" met at every turn. The hours flew by, and before we had nearly finished the "d'ye minds" it was time to betake ourselves stationwards. The shadows of evening had fallen; yet it was with lingering regret we left the wood. Of the confidences therein exchanged I may be privileged to tell another day. The prospect that did not please was that of returning in a train, over-crowded with excursionists. Still, we thought it a small price to pay for the holiday. Lo and behold, on reaching the station we found a seven-passenger motor car at our disposal. That sly puss, Sister F., had arranged this surprise. From the glance she exchanged with the owner we suspect that soon there'll be five husbands privileged to attend the Tea and Toast Club. In any case his coming completed "The End of a Perfect Day."

Matron G. Pope, M.R.R.C., is spending the summer in England and will probably visit the continent.

Matron K. O. McLatchy, M.R.R.C., after attending the Convention at Quebec, visited friends in Montreal and Ottawa.

Matron E. Campbell, M.R.R.C., attended the Convention of the V.O.N. in Ottawa and expressed herself most enthusiastically on the interest and work of the Order.

Matron M. M. Goodeve, M.R.R.C., is holidaying at Brantford and devoting much of her time to golfing.

Matron E. McCafferty, M.R.R.C., en route from Winnipeg to her home in St. John, N.B., visited in Toronto, Ottawa and Montreal. At these various centres many reunions and festivities were held in her honour.

Matron L. A. Gamble, A.R.R.C., after completing the course, Department of Public Health (twelve months), at Toronto University, is holidaying at her home in Ottawa.

Nursing Sister M. Brankin has received an appointment as Welfare Supervisor at the Dominion Printing Bureau, Ottawa.

Mr. and Mrs. Gerald Marryatt (nee Nursing Sister H. L. Fowlds, A.R.R.C.), are residing in Montreal.

Lieut.-Colonel and Mrs. W. H. Robinson (nee Nursing Sister P. E. Wood) are resident at London, Ont. Lieut.-Colonel Robinson is A.D. of S. & T. for Military District No. 1.

Nursing Sister M. Jessie Leitch, of the staff of the St. Paul Dispatch, St. Paul, Minn., has been given three months' leave. This period is being devoted to a "Refresher Course" at Bellevue Hospital, N. Y. In spite of her keen enthusiasm regarding journalism, professional interests are always uppermost in Sister Leitch's mind.

The Australian Government has decided on a grant of £50 Sterling to Australians for each year of Active Service, including nurses who served in the Imperial army.

It is understood that the Davisville Hospital, S.C.R., is shortly closing.

Matron Jean Urquhart, M.R.R.C., on her way to attend the Nurses' Convention at Quebec, stopped over at Ottawa. Whilst here she was present at the conference on Child Welfare, and, in response to a request, gave a most interesting outline of this work in Saskatchewan.

Colonel and Mrs. J. Fraser (nee Nursing Sister Georgina B. McCullough, A.R.R.C.) have returned from the British Honduras. They are at present visiting in Ottawa. Mrs. Fraser had many amusing experiences and perhaps may yet be induced to relate some for this department.

On April 21st, 1921, Nursing Sister Hannah Florence Marston was married to Mr. John James Dryman, of Fort William, Ontario.

There was born to Captain and Mrs. Ross (nee Nursing Sister Sarah Elizabeth Tuck) a daughter—Margaret Elizabeth.

Hospitals and Nurses

NOVA SCOTIA

A training school for nurses is to be established at the Highland View Hospital, Amherst, N.S.

Miss Georgina Pope, for so many years Matron of the "Station Hospital," spent a few days in Halifax on her way to England.

* * * *

NEW BRUNSWICK

ST. JOHN.

Miss Bertha Gregory has been transferred from port work, St. John, West, to Quebec, and has already entered upon her duties.

The St. John Chapter of the N.B.A. of G.N. held a very successful bridge and dance recently. There were about 250 present, and an excellent programme of dances was enjoyed. The supper-room was decorated in red and white flowers, bringing out the colors of the association. It was voted by all present to have been a most enjoyable evening. Miss McGaffin was general convener and was ably assisted by the ladies on the various committees.

* * * *

QUEBEC

R.V.H., MONTREAL.

At the last meeting for the year of the Alumnae Association, Miss Goodhue, our president, was presented with a travelling case. Miss Goodhue left recently to spend the summer in England and France.

Miss Hersey, Superintendent of the Training School, and Miss Hall, have returned, after spending a pleasant holiday in Bermuda. They report having seen Misses Guernsey and Widder.

Miss Kirkpatrick (1920), who has been for some time Night Superintendent of the Ross Memorial, left on May 1st for her home in Nova Scotia. Her engagement is announced to Mr. George Floyd, of Pictou, N. S.

MANITOBA

WINNIPEG.

The following nurses formed the graduating class of the Winnipeg General Hospital, which held its graduating exercises in the University Science Building on Thursday evening, May 12th, 1921. A reception at the nurses' residence followed the exercises: Misses Myrtle Argue, Anne T. Anderson, Annie Isabel Andrew, Margaret May Ard, Nettie Elizabeth Blough, Olive Edna Brown, Pearl A. Brownell, Helen G. Begg, Flossie Olive Cromie, Pearl L. Campbell, Mary Edith Curry, Helen Florence Carey, Dorothy C. Christopherson, Mary Henrietta Ellis, Rose Fred, Hazel E. Fuller, Mary Arva Fallis, Aimee Margaret Hobson, Sylvia Haney, Gertrude May Hall, Geraldine Hayden, Mabel E. Horn, Clara Jasper, Anna Jonsson, Pearl Jones, Agnes Jack, Myrtle E. Knittel, Ellenor L. Lynch, Clara Barton Lee, Isabelle McKenzie, Annie Isabel McDiarmid, Rena Grace McKeevor, Violet Eliza McAleese, Helen Gladys Mackay, Margaret Alexandra Marks, Lorna Ray Mathers, Elspeth Alberta Moffatt, Marjory B. Moffatt, Tillie Munn, Josephine H. Morgan, Olive Rae, Blanche L. Swanston, Elizabeth Winnifred Patterson, Elizabeth Patrick, Clara Edna Shields, Mabel Mary Sharpe, Ada Bertha Schweitzer, Euphemia Mae Stauffer, Mabel May Skinner, Hazel H. Stanley, Jessie Gertrude Snider, Margaret Stowe, Anita Viola Sinclair, Hazel Mary Wallington, Merle R. Wright, Jessie E. Williamson.

* * * *

ONTARIO

TORONTO.

RIVERDALE HOSPITAL ALUMNAE ASSOCIATION.

Serbian, Ruthenian, Roumanian and Turkish handicraft in a fascinating variety were on view at the Graduate Nurses' Club, Sherbourne Street, at their tea yesterday afternoon. Their owner, Miss Norwich, a Riverdale graduate, who served with the American Red Cross relief expedition for eighteen months after the war, was present, and had many an interesting tale to tell of her treasures. They but verified the impression other visitors to Serbia have given in Toronto of the spirit and fineness of the people. Of one Serbian soldier Miss Norwich tells who with kindly interest asked of her own family in Canada. He was informed of her three brothers at the front and who could not go. Quick as a flash, he drew out a leather case and then his trusty bayonet from his side. These were much loved possessions. "Here," said he, "take these to your brother who could not come!"

Still another story of the generous spirit of the Serb was that of a mother who brought her little girl to a farewell afternoon for Miss Norwich.

The latter and her co-workers had found Serbia's children starving and in tatters. Yet this mother, whose child wore a picturesque dress of her country, stripped it from her and insisted that Miss Norwich take it.

Vivid rugs, brilliantly-embroidered linens and garments, quaint objects fashioned from brass shells, and pottery are included in the collection. Ruthenian linens rival Paris lingerie in their exquisite work.

It would be a special treat if the collection could be shown at this year's exhibition's woman work.

ST. CATHERINES, ONT.

Nursing Sister S. D. Beatty, of this city, who did service in the Great War in France, being mentioned in dispatches by Sir Douglas Haig on March 16th, 1919, and also served at Lemnos, has just received her scroll and oak leaf emblem from Hon. Winston Churchill, Secretary of State.

Very interesting reports were given at the meeting of the Mack Training School A.A. by the delegates to the G.N.A.O. annual meeting.

Mrs. J. Lewis (Carire Humphries), accompanied by her small daughter Helena, has arrived from Saskatchewan, at her home in Port Dalhousie for the summer.

OTTAWA.

Miss I. McIlroy will represent the O.G.H. at the C.N.A.T.N. Convention in Quebec.

Miss M. McKell is in New York taking a post-graduate course at the Rockefeller Institute.

Misses B. Coupal and Rose have accepted positions at Mayo's Hospital, Rochester, Minn.

A NIGHT NURSE'S PRAYER.

Dear Lord, I pray to Thee to-night
For strength to do all things aright;
Grant to me wisdom, guide my hand
That it may act at Thy command.

Bless my patient, ease her pain,
Restore her, Lord, to health again.
May we Thy servants ever be,
Returning praise and thanks to Thee.

—Amen.

The Entertainment
(A Midsummer's Idyll

At the "Head of the Lakes" we met in July,
The weather was cool, and clear the sky
(Most of the time!)
For who ever heard of the weather up there
Being aught else than ideally fair?
That's why the people are healthy and bright,
In Fort William and Port Arthur, alike;
They radiate happiness, good fellowship, health,
Which, after all, is the best kind of wealth.

Although of the "Long-Green" they seem well possessed,
And generously used to entertain guests;
Luncheons, teas, even banquets, here and there quite galore!
Royal guests could not have been entertained more.
Our first jolly luncheon, at the "Shunaih" renowned,
Was livened with speeches and songs that resound;
The gentlemen welcomed, twitted, and toasted,
The Ladies, "all fair!" who smiled as they roasted.

Mr. Crooks, of the Council, offered us the whole city,
And all of their bachelors on whom they took pity!
What happened thereafter remains a closed book—
Labelled: "SECRET" . . .a whisper . . . we found none to hood!
The nice men are married, of course, always so,
And their's were par excellent of all men we know!
'Twas Port Arthur's Council, and Board of Trade, too,
Who gave us this "jolly" refreshing menu!

At the "Shunaih" again, the next day, we dined,
As guests of the Rotary and Kiwanis, combined;
The "Twin-Cities'" Clubs of gallant persuasion,
Who step to the front on all such occasions.
The next day the "Ladies" gave a "Progressive Tea"
Which was "Just as lovely as it could be!"
In the homes of the Emmersons, Smellies, and Crooks,
You can't imagine how pretty it looked! . . .

Unless you were there on that beautiful day,
And enjoyed the full view of Great Thunder Bay;
From the Court Street Ridge, where our Hostesses dwell,
To the "Giant Asleep" midst the white caps' swell.
The next day at noon, from one to two, . . .
The story I'm telling is very true;
The Fort William Council, and same Board of Trade,
Tendered a luncheon which helped us up grade.

Speeches went round, and stories were told,
They said we were "young" . . . or, . . . "not very old!"
They said all the nice, pretty things they could think,
And, mixed with the course, they passed 'round a "Wink."
They invited us back, the next year or so,
When holding our annual of the G.N.A.O.;
We said we'd consider their invite so kind,
And tell all our friends of how well we had dined.

The gossip we heard there, we all liked so well,
You all better listen if you wish me to tell!
Miss Arthur so coy, so innocent, sweet,
Keeps William the Gallant on his knees at her feet.
For two years or more he's offered his heart,
And declared to the lady he "could not live apart!"
'Tis said tho', since then, he was seen buying the ring,
So . . . "It's certain they'll wed before the next spring!"

To resume: Friday evening at the Prince Arthur Hotel,
The occasion is one we'll remember quite well, . . .
The "Nurses and Doctors of Thunder Bay" fame
Tendered a banquet, with all kinds of "Game."
The birds, the speeches, the toasts, and replies,
Were sufficiently fit to which "Perfect" applies!
The Prescriptions were spicy, the Ices were cold,
The Beverages temperate, or, so I was told!

And this is the reason some telegrams came, . . .
While we were still busy enjoying the game . . .
"To the Thunder Bay Nurses!" the telegram read:
"John Barleycorn sick, and very near dead! . . ."
So sends his regrets that Prohibition Gastritis
Prevents him from joining the Guests of Banquitis . . .
And Miss Champagne, too, his daughter of charm,
Regrets she can't leave the Barleycorn Farm.

Because of the illness of John Barleycorn,
Who is loved by the "Irish" but the "Scotch" always scorn!" (?)
'Twas signed by McLelland in charge of the store,
Who said: "Wire RUSH, if you need any more."
The finale came on Saturday noon,
We dreaded the parting and Good-byes so soon;
We drove to the Falls, "Kakabeka" by name,
Such potential, and beauty! . . . Adam Beck would love same.

Their rainbow we're sure the Niagara's eclipses!
Their foam is pure golden as with iron it mixes;
The roadway along to this romantic spot
Is hedged in with Roses, and wild Forget-me-not!

A token of friendship, a reminder, oh vain!
We'll pray to the gods that we'll soon meet again;
Alas! . . . that all pleasures we find the most sweet,
Have a turn that it bitter, Adieu! till we meet!

(Written on the occasion of the Convention of the Canadian Association of Nursing Education, and Canadian National Association of Trained Nurses in Fort William and Port Arthur, Ont., July 5th-11th, 1921.)

Ottawa, Ont.,
May, 1921.

MARY A. CATTON,
Delegate G.N.A.O.

Waste Paper Bag.

In lieu of a real paper bag take a double page of ordinary newspaper and fold it over into the shape of a large paper bag that one gets from the grocer. Stick in two pins and you will have a useful waste-paper bag for the patient's bathroom, into which to throw wet wads of cotton after cleaning theremometers, using a hypodermic, etc. Burn the bag each day and make a new one.

BIRTHS

STOUGHTON—At Hartford, Conn., on April 15th, 1921, to Dr. and Mrs. Dwight Stoughton (Aileen Dickson-Otty, R.V.H., 1918), a son, Peter Van Courtland.

FRANK—At St. Joseph's Hospital, Sudbury, Ont., on May 8th, 1921, to Mr. and Mrs. J. B. Frank (nee Violet Pomfrey, graduate of Riverdale Hospital, Toronto, class 1918), a son, Robert George.

MARRIAGES

BENNETT-QUINN—On Tuesday, April 5th, 1921, at Ottawa, Margaret Mary Quinn (R.V.H., Montreal, 1912), to Mr. Thomas Ernest Bennett.

FORBES-SMITH—On Tuesday, May 10th, 1921, at Edmonton, Alberta, Christine Elizabeth Smith, to the Rev. Alexander Forbes, D.D. Mr. and Mrs. Forbes will reside in Grande Prairie, Alberta.

BELANGER-DUFORD—At Ottawa, April 27th, 1921, Ida Duford (Ottawa General Hospital, 1918), to Dr. P. B. Belanger, M.C. Dr. and Mrs. Belanger will reside in Ottawa.

Canning Fruits Without Sugar.

Much of the Small Fruit Crop May be Conserved by this Method.

There is a method of canning without sugar, and, to secure the best information available on the subject, the Commission of Conservation invited Miss Jeanette Babb, Instructor of Household Science at Macdonald College, to prepare a short paper. Miss Babb especially emphasizes the caution that in sugarless canning *the utmost care must be observed, and every rule strictly followed*, otherwise loss of fruit and wasted effort may result.

"Fermentation and decay are caused by the bacteria, yeasts and moulds, which are ever present in the air, coming in contact with fruit. We must, therefore, destroy these forms of life present in the fruit and in the containers and prevent their further entrance into the containers, by sealing and sterilizing or boiling. This is what is termed canning.

"There are many good reasons why canned goods spoil. Some of these are: Because of imperfect jars; use of old or poor rubbers; use of stale products; being too slow; filling too many jars at once; inaccuracy in time of boiling; failure to test jars after sterilizing, and careless storage.

"The equipment necessary for canning is as follows: Wash boiler, or large kettle, with an airtight cover; fitted rack for bottom of boiler; good jars and covers properly sterilized; good rubbers; long-handled spoon or silver knife, strainer or clean cheese-cloth for washing fruit, blanching and cold-dipping, boiling water, and clean towels, all of which should be sterile.

"To prepare the jars, test them first for leakage, by filling with water, fitting on rubber, sealing tightly and inverting on a dry table. If no moisture is seen on the table the jar is safe. Sterilize the jars and covers by placing on rack in boiler, cover with cold water, bring water to *boiling* point, and boil for fifteen minutes. Sterilize the rubbers in a shallow dish of boiling water for five minutes.

"In the cold pack method the importance of the two terms, blanching and cold dipping, should be emphasized. Blanching is to dip in boiling water, and keep under the boiling water for from a few seconds to five minutes, according as to whether the fruit is of the soft or hard variety. Cold dipping means the immediate plunging into cold *boiled* water, to set the colouring matter, to aid in keeping the fruit whole and to make it easy to handle.

Preparation of Fruit.

1. Select when it is at its best—thoroughly sound, ripe but firm and free from bruises.

2. Grade as to size and quality for sake of uniformity.

3. Can the day it is picked, and as soon as possible after picking,

especially where no sugar is used.

4. Clean fruit and prepare as for table use.

5. Blanch in case of hard fruits.

6. Cold dip.

7. Pack products quickly into jars, which have just been removed one at a time from the boiler, using a sterile knife or spoon handle for packing.

8. Fill with boiling water, insert knife to let out air and fill again to top with water running over jar.

9. Put on sterilized rubber, cover, and partially seal at once.

10. When all jars are ready, place on rack in boiler and cover with water of the same temperature as jars, keeping the jars separated.

11. Cover boiler, bring to the boiling point and boil until the fruit is cooked.

(a)—Soft fruits require from 10 to 15 minutes where sugar is used. When no sugar is used we add 15 minutes more to the required length of time with sugar.

(b) Hard fruits with sugar require from 30 minutes to one hour plus twenty minutes without sugar.

12. Uncover boiler at end of time for sterilizing or boiling, allow steam to escape and seal jars tightly immediately upon removing from boiler. Invert until cool.

13. When cool screw tight again, wash outside of jars, label and put away in a cold, dry, dark place.

Note.—In sugarless canning, the utmost care must be observed, and every rule strictly followed.—*Jeanette Babb, Instructor Household Science, Macdonald College.*

Grow the Small Fruits at Home.

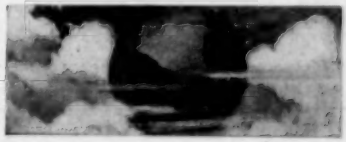
In the process of getting the most out of the backyard garden, many amateur gardeners have over-looked the cultivation of small fruits.

Fresh fruit on the table has almost become a luxury. The high prices which these fruits are commanding, and their growing scarcity on the market, are due largely to lack of help and the enhanced cost of picking and transportation.

The growing of raspberries, currants and gooseberries is very simple, and their value both for use as fresh fruit and for baking and preserving purposes, should make their cultivation much more extensive. There are no fruits that respond more quickly to good treatment, but they will also stand a considerable amount of neglect. Large fruit and productive bushes, however, can only be expected when they are given proper attention.

Nujol has unequalled advantages

The makers of Nujol have unsurpassed facilities for the production of liquid petrolatum of absolute purity, correct viscosity and high, uniform quality.



The manufacturers of Nujol have world-wide resources.

Only the finest raw materials are used in the manufacture of Nujol.

Nujol owners operate the largest merchant fleet flying the American flag.

Research and testing laboratory.

Nujol is bottled in a clean, light, airy laboratory.

The Saybolt Viscosimeter for testing viscosity of petrolatum liquidum was invented by Dr. Geo. M. Saybolt, for many years head chemist of the Standard Oil Co. (New Jersey).

Nujol Laboratories, Standard Oil Co. (New Jersey), Room 778 44 Beaver St., New York.
Please send me booklet marked:

☐ **"ON A CASE"** (*Especially prepared for the Nurse*)

The following booklets may also be of interest to the Nurse:

☐ **"The Days That Go Before"** (*Constipation in pregnancy and nursing period*)
☐ **"As the Twig is Bent"** (*Constipation in children*)
☐ **"As the Shadows Lengthen"** (*Constipation in old age*)
☐ **"A Lovely Skin Comes From Within"** (*How to remove toxins that mar the skin*)
☐ **"Wages of Neglect"** (*Constipation as a cause of piles*)
☐ **Also Sample**

Name _____ Address _____

GRADUATE NURSES and DIETITIANS WANTED

Superintendents of Nurses, Assistant Superintendents, Surgical, General Duty, Head Ward, School, Industrial and Public Health Nurses, Dietitians, Wanted. If interested in a Hospital position, anywhere in the United States, send for interesting free book, mail this coupon NOW—TODAY.

..... Cut Here .....

Aznoe's Central Registry for Nurses

30 N. Michigan Ave., Chicago.

Gentlemen: Please mail me your free book.

Name .....

Street .....

City ..... State .....

THE PHILADELPHIA HOSPITAL for Contagious Diseases, at Second and Luzerne Streets, Philadelphia, Pa., offers a Post Graduate Course of three months to graduates of registered schools for nurses.

Students have eight-hour duty, including a half day each week and a half day each Sunday. They receive $42.00 per month, Board, Room and Laundry. Seventy (70) hours of instruction are given in the theory and nursing technic in Communicable Diseases.

The next class will enter April 1, 1921. For information, apply to the Supervising Nurse, Philadelphia Hospital for Contagious Diseases, Philadelphia, Pa.

GRADUATE NURSES WANTED for General Duty. Salary $90.00 per month and full maintenance. Apply to Supervising Nurse, Philadelphia Hospital for Contagious Diseases, Philadelphia, Pennsylvania.

A Practical Suggestion.

When an invalid first sits up, partially dressed, in the usual rocker, it is a great help to her to place a magazine or an old book under one rocker of her chair, at the front just far enough back to take the weight off her feet, which should be placed on a low stool or a well-stuffed covered pillow. These first few times out of bed when one is so weak can be rendered a pleasure or an ordeal that the convalescent gladly escapes by a hurried return to her bed. After the soft comfort has been folded lengthwise, so that when placed in the chair one end touches the floor and protects the patient's limbs from draughts, a small pillow is put in the seat and another is in readiness for the back or head. Before the patient is placed in the chair, put a warm woolen blanket lengthwise across the chair in such a manner that the patient may be wrapped from the waist and covered over the feet by first one side of the blanket being folded over her then the other—this is warm but light. With this comfortable chair, a glass of fresh water near, light carefully shaded at the windows, and the nurse intelligently limiting the time of sitting up so that the patient is never overtired, will cause the invalid to look forward to the privilege of sitting up.

DIX-MAKE

"This is a DIX-MAKE Dress"

No. 400

The authorized Government uniform during the war. Of superior quality Dixie Cloth; women's and misses' sizes.

We Love To Make Them!

THE making of Dix-Make Uniforms is more than just a business with us —it is our hobby as well.

We love to make them! We would rather make these severely tailored, yet sensible and becoming Uniforms than the most elaborate of gowns. There is something about a Nurse's Uniform which always held to us a strong appeal.

Is it any wonder, therefore, that we put so much care and thought and pride in producing each and every Dix Uniform?

You can tell the genuine if the name label "Dix-Make" is stitched into the garment. That label is for your protection as well as ours.

Sold and recommended by leading Department Stores all over the country.

List of Dealers and Catalogue No. 15 gladly sent on request.

HENRY A. DIX & SONS COMPANY
Dix Building **New York City**

Ask to see our new white IRISH POPLIN Uniform No. 667

WANTED

Registered Nurses and Male Attendants who are thoroughly experienced in the care of neurological and psychiatric patients. Address Anna G. McCrady, R.N., Supt. of Nurses, National Sanitarium, Marion, Indiana.

WANTED

At Batavia Hospital, Batavia, N.Y., an Assistant Superintendent qualified to teach in a registered Training School for Nurses. Apply to Superintendent, giving date of graduation, experience, and salary expected.

Offered By
THE CANADIAN NATIONAL ASSOCIATION OF TRAINED NURSES.

A scholarship of $500.00 is offered by the Canadian National Association of Trained Nurses to assist a nurse desirous of taking the one-year Nursing Course in McGill University, the winner of the scholarship having the choice of the courses given: Teaching in Schools of Nursing; Administration in Schools of Nursing; Public Health Nursing.

Applicants must fulfil all of the requirements as set forth by the University:—

(a) — Educational standing, evidences of a complete High School education or of an equivalent which is adequate to the requirements of the University.

(b) — Professional standing, evidences of the satisfactory completion of a course in a Nurses' Training School of approved standards connected with a Hospital of at least 50 beds and covering a complete general training of at least two years.

In addition to these requirements, the applicant shall be a member of one of the Nursing Organizations affiliated with the Canadian National Association of Trained Nurses.

For full particulars in regard to the course, nurses should write to Miss M. Shaw, Department of Nursing, McGill University, Montreal.

As the scholarship is open to nurses desiring to enter the University this fall, applications should be in as early as possible — no application received later than September the first being considered. For further information, and for formal application forms, write to the Secretary of the Scholarship Committee,

MISS HELEN RANDAL, R.N.,
125 Vancouver Block,
Vancouver, B.C.

WANTED!

Graduate Nurses for general duty. Salary Ninety Dollars ($90.00) per month and maintenance. Apply to Supervising Nurse, Philadelphia Hospital for Contagious Diseases, 2nd and Luzerne Sts., Philadelphia.

THE VICTORIAN ORDER OF NURSES FOR CANADA

Offers Scholarships

The Victorian Order of Nurses for Canada offers scholarships of $400.00 each to graduate nurses who wish to avail themselves of a post-graduate course in public health nursing at the Universities of Vancouver, B.C.; Toronto and London, Ontario; McGill, Montreal, Que., and Dalhousie, Halifax.

Nurses accepting scholarships will be expected to remain in the service of the Victorian Order for one year upon successful completion of the course at prevailing salaries.

Application for scholarships must be made at the earliest date to the Chief Superintendent, 104 Sparks Street, Room 4, Ottawa; Miss Ethel Brown, 1250 Broadway, W., Vancouver, B.C.; or to Miss E. Ada Luxon, 344 Gottingen Street, Halifax, N.S.

Prospectus for Universities courses may be had upon application to the Universities.

THE GRADUATE NURSES' ASSOCIATION OF NOVA SCOTIA HALIFAX.

President, Miss C. M. Graham; Vice-President, Miss A. Luxon, Halifax; Miss Watson, Yarmouth; Sister Ignace, Glace Bay; Treasurer, Miss L. F. Fraser; Secretary, Miss S. Archard.

Executive Committee—Misses Barrington, Keating, M. MacKenzie, Mullins, Pemberton and Read.

Conveners—Mrs. McLarren and Mrs. Larkin.

THE NEW BRUNSWICK ASSOCIATION OF GRADUATE NURSES

President, Miss Margaret Murdoch, G.P.H., St. John, N.B. Vice-Presidents: Mrs. G. H. Vaughen, St. John; Miss A. Branscombe, St. Stephens; Miss E. Sansom, Fredericton; Miss McMasters, Moncton; Miss E. Keyes, Newcastle. Treasurer, Miss E. J. Mitchell, G.P.H., St. John; Recording Secretary, Mrs. Leonard Dunlop, St. John; Registrar, Miss Annie Whyte, Doaktown.

Corresponding Secretaries—Miss M. J. Murdie, 35 Carlton Street, St. John; Miss M. Fraser, St. John; Mrs. O. A. Burnham, St. John.

Regular Meetings—Second Monday, 8 p.m.

THE ALUMNÆ ASSOCIATION OF THE WOMEN'S HOSPITAL, MONTREAL

Hon. President, Miss E. F. Trench, Superintendent of Nurses, Women's Hospital; President, Mrs. A. Chisholm, 26 Lorne Avenue; Vice-President, Miss H. A. I. Wyman, 305 MacKay Street; Secretary-Treasurer, Miss J. E. Smithers, Women's Hospital.

Conveners of Committees—Finance, Miss E. F. French; Social, Miss H. A. T. Wyman; Sick Visiting, Miss Seguin.

Representative to the "Canadian Nurse"—Miss H. A. T. Wyman.

Regular Monthly Meeting—Third Tuesday, 8 p.m.

THE ALUMNÆ ASSOCIATION OF THE CHILDREN'S MEMORIAL HOSPITAL TRAINING SCHOOL FOR NURSES, MONTREAL

Hon. President, Miss J. Giffen, Lady Supt., C. M. H.; President, Miss M. Wight, C. M. H.; Vice-President, Miss C. MacDonald; Treasurer, Mrs. Walcott, 47 Notre Dame St., Lachine; Secretary, Miss E. G. Alexander, C. M. A.

Board of Directors—Miss Stafford, Miss M. Armour.

"Canadian Nurse" Representative—Miss E. Morris.

Regular meeting, 1st Friday of every second month, from May to June, 4 p. m.

THE ALUMNÆ ASSOCIATION OF THE ROYAL VICTORIA HOSPITAL, MONTREAL, QUE.

Hon. President, Miss E. A. Draper; President, Miss Goodhue; First Vice-President, Miss A. L. Campbell; Second Vice-President, Miss Bellhouse; Recording Secretary, Mrs. E. Roberts, 438 Mount Stephen Avenue, Westmount, Que.; Corresponding Secretary, Miss M. A. Prescott; Treasurer, Miss Margaret Etter; Treasurer Pension Fund, Miss Milla Maclellan.

Executive Committee—Miss Hersey, Miss A. M. Hall, Mrs. H. A. Clark, Mrs. Stanley, Miss F. V. MacMillan, Miss Eden Leys.

Programme Committee—Miss Katherine Davidson.

Representative to "Canadian Nurse"—Miss Helen P. Rice.

Representatives to Local Council—Mrs. H. T. Lyons, Mrs. A. B. Finnie.

Sick Visiting Committee—Mrs. M. S. Bremner, Convener, 225 Pine Avenue, West; phone, Up3861.

Regular Meeting—Second Wednesday, 8 p.m.

THE ALUMNAE ASSOCIATION OF THE WESTERN HOSPITAL, MONTREAL

Hon. President, Miss J. Craig; President, Mrs. J. Pollock; First Vice-President, Miss C. Rowley; Second Vice-President, Miss H. Williams; Treasurer, Miss J. Craig, Western Hospital, Montreal; Secretary, Miss B. A. Dyer, Western Hospital, Montreal, Quebec.

Convener of Finance Committee—Miss B. A. Birch, Western Hospital.

Convener of Programme Committee—Miss Ada Chisholm.

Convener of Membership and Visiting Committee—Miss Ethel Mount.

Convener of General Nursing Committee—Miss B. A. Birch.

Representative to Canadian Nurse—A. M. Stephens.

THE ALUMNAE ASSOCIATION OF THE HOMEOPATHIC HOSPITAL. MONTREAL, QUE.

Hon. President, Mrs. H. Pollock, Superintendent of Nurses, Homeopathic Hospital; President, Miss M. Richards, 166-A Mansfield Street; First Vice-President, Miss H. O'Brien, Homeopathic Hospital; Second Vice-President, Miss J. O'Neil, 275 Mance Street; Secretary, Miss D. W. Miller, Homeopathic Hospital; Assistant Secretary, Miss M. Lunny, 357 Oliver Avenue; Treasurer, Miss M. J. Boa, Homeopathic Hospital.

Conveners of Committees—Finance, Miss D. Miller; Sick Visiting, Misses Swan, B. Gilmour, Garrick, Taylor.

Representative to the "Canadian Nurse"—Miss J. Lindsay, 28 Souvenor Avenue.

Regular Monthly Meeting—First Thursday at 8 p.m.

THE ALUMNAE ASSOCIATION OF THE MONTREAL GENERAL HOSPITAL, MONTREAL

President, Miss Isabelle Davies; First Vice-President, Miss Ethel Brown; Second Vice-President, Miss Young; Recording Secretary, Miss Van Buskirk; Corresponding Secretary, Miss Gray, M. G. H.; Treasurer, Miss Colley, 26 Melville Street; Treasurer Sick Benefit Fund, Miss Dunlop.

Executive Committee—Miss Holland, Miss Lang, Miss Watters.

Representative to "Canadian Nurse"—Miss Tedford.

Representatives to Local Council—Miss Whiting, Mrs. Simpson.

Proxies—Mrs. Lamb, Miss Holt.

Sick Visiting Committee—Mrs. Cairns, Miss Jamieson, Miss Doré, Miss McLeod.

Regular Meeting—Second Friday.

LADY STANLEY INSTITUTE ALUMNAE, OTTAWA

Hon. President, Miss Catton; Hon. President, Mrs. Warren Lyman; President, Miss A. McNiece; Vice-President, Miss Jessie Waddell; Secretary, Miss E. McGibbon; Treasurer, Miss Norma Dawson.

Board of Directors—Mrs. Sutherland, Miss L. Belford, Miss M. Slinn.

THE NURSES' ALUMNAE ASSOCIATION OF OTTAWA GENERAL HOSPITAL.

Hon. President, Rev. Sister Mary Alice; Hon. Director, Rev. Sister Marcelline; President, Mrs. J. L. Chabot, 170 Laurier Avenue; Vice-President, Miss M. Brankin; Secretary-Treasurer, Miss Rosemary Waterston, 91 Daly Avenue; Membership Secretary, Mrs. W. Hastey.

Board of Directors—Mrs. J. Anderson, Mrs. C. Devitt, Mrs. A. Poulton, Miss F. Lyons, Miss I. MacElroy, Miss G. Evans, Miss A. Stackpole.

Representatives to Central Registry of Nurses—Mrs. J. L. Chabot, Miss E. Dea, Miss M. Kennedy.

Representative to "Canadian Nurse"—Miss G. Lynch.

Representatives to Local Council of Women—Mrs. J. L. Chabot, Mrs. J. Doyle, Mrs. C. Devitt, Mrs. A. Poulton, Miss I. MacElroy.

Representative to Catholic Women's League—Mrs. J. L. Chabot.

Regular Meetings—First Friday of each month, at 8 p.m.

THE GRADUATE NURSES' ASSOCIATION OF ONTARIO INCORPORATED 1908

President, Miss E. J. Jamieson, Toronto; First Vice-President, Miss Mary Catton, Ottawa; Second Vice-President, Mrs. A. C. Joseph, London; Secretary-Treasurer, Miss Mary Irene Foy, 163 Concord Avenue, Toronto.

Directors—Miss Hannah, Hamilton; Mrs. J. B. Bilger, Kitchener; Mrs. Stevenson, London; Miss B. Ellis, Toronto; Miss A. Davidson, Peterboro; Miss Cook, Toronto; Miss H. Lovick, Kingston; Miss E. H. Dyke, Toronto; Miss C. Fairlie, Kingston; Miss M. Brennan, Hamilton; Miss M. Hall, Brantford; Miss K. Mathieson, Toronto; Miss A. Forgie, Guelph; Mrs. Fisher, Ottawa; Mrs. Anderson, Ottawa; Miss Boyes, Hamilton; Miss McArthur, Owen Sound.

ALUMNAE ASSOCIATION OF THE OWEN SOUND GENERAL AND MARINE HOSPITAL

Hon. President, Miss J. K. McArthur; President, Miss E. Webster; First Vice-President, Miss I. Forhan; Second Vice-President, Miss H. Falls; Secretary, Miss O. Stewart; Assistant Secretary, Mrs. D. Finlay; Treasurer, Miss S. Myles.

Convener of Programme Committee—Miss Sim.

Convener of Flower and Sick Committee—Miss Falls.

Press and Representative to "Canadian Nurse"—Mrs. D. Finlay.

BRANTFORD GENERAL HOSPITAL A. A.

President, Miss M. C. Hall; Vice-President, Miss M. W. McCulloch; Secretary, Miss G. Barrick; Treasurer, Miss D. Taylor.

"Canadian Nurse" Representative—Miss C. P. Robinson.

Regular Meeting—First Tuesday of each month, 4 p.m.

KINGSTON GENERAL HOSPITAL ALUMNAE ASSOCIATION KINGSTON, ONT.

Hon. President, Miss Emily Baker; President, Mrs. G. H. Leggett, 373 Johnston Street, Kingston, Ont.; First Vice-President, Miss Pearl Martin; Second Vice-President, Mrs. Geo. Nicol; Treasurer, Mrs. Chas. Mallony, 291 Johnston Street, Kingston, Ont.; Assistant Treasurer, Mrs. Harry Pense; Secretary, Miss Lily Rogers, R.R. No. 1, Kingston, Ont.; Assistant Secretary, Mrs. Sam Crawford; Registry Treasurer, Miss Neish, 308 University Avenue, Kingston, Ont.

"Canadian Nurse" and Press Representative—Mrs. J. C. Spence, 30 Garrett Street, Kingston, Ont.

OFFICERS OF THE TORONTO GENERAL HOSPITAL ALUMNAE ASSOCIATION FOR 1919-1920

President, Miss Elizabeth Hannant, 24 Glen Road; First Vice-President, Miss Elsie Hickey, 85 Winchester Street; Second Vice-President, Mrs. Driver, 1 First Avenue; Recording Secretary, Miss Laura Beal, 128 Albany Avenue; Corresponding Secretary, Miss Muriel A. Martin, 26 Summerhill Avenue; Treasurers, Miss Cleara Chisholm, 9 Hurndale Avenue; Miss Mildred Mann, 154 Danforth Avenue.

Councillors—Miss E. MacP. Dickson, Toronto Free Hospital, Weston; Miss Evelyn Hanna, 272 Dundas Crescent, Toronto; Mrs. H. E. Wallace, 39 Boswell Avenue, Toronto.

THE FLORENCE NIGHTINGALE ASSOCIATION OF TORONTO

President, Miss Jena I. Gunn, Toronto General Hospital; Vice-President, Miss Edith Campbell, 281 Sherbourne St.; Secretary, Miss Helen G. R. Locke, Toronto General Hospital; Treasurer, Miss Edith Macallum, 108 Avenue Road.

Councillors—Miss Florence Potts, Hospital for Sick Children; Mrs. Mary Bowman, Women's College Hospital; Miss Sarah Bickell, 181 Crescent Road; Miss Jean Wardill, 295 Sherburne Street; Miss Frances Kingston, 325 Kendall Avenue; Miss Ena Patterson, 14 Gloucester Street; Miss Janet Allison, 318 Brunswick Avenue; Miss Helen McMurrick, 19 Poplar Plains Road.

THE ALUMNAE ASSOCIATION OF ST. MICHAEL'S HOSPITAL, TORONTO

Honorary President, Rev. Mother Alberta; President, Miss Amelia M. Cahill; First Vice-President, Miss Julia B. O'Connor; Second Vice-President, Mrs. W. J. Devine; Third Vice-President, Miss Gertrude Duffy; Corresponding Secretary, Miss Marie Ballantyne, 18 Elm Grove Avenue, Toronto; Recording Secretary, Miss Winnifred Raine; Treasurer, Miss Frances McMahon.

Board of Directors—Honorary Director, Sister M. De Sales; First Director, Miss Ethel Crocker; Second Director, Miss Mary Madigan; Third Director, Miss May O'Boyle.

Registry Representative—Miss Julia B. O'Connor.

Press Representative—Miss A. Dolan, 590 Markham Street, Toronto.

Regular Meeting—Second Monday of each month.

The LINGERING LEG ULCER

often becomes an "eye-sore" to the conscientious physician whose therapeutic resources have come near being exhausted—with the patient little, if any, improved.

FOLLOWING THE EXPERIENCE OF TWO PHYSICIANS
(One in New York, the other in New Jersey)
WITH

Antiphlogistine
TRADE MARK

IN THE SUCCESSFUL TREATMENT OF

CHRONIC INDOLENT LEG ULCER

(One of twenty years', the other of thirty-four years' standing)

why not try this stimulating, antiseptic application, with or without Ichthyol, in your next case of this often intractable, distressing disease? Relief in a few cases will enhance the doctor's reputation with grateful patients.

THE DENVER CHEMICAL MFG. COMPANY
MONTREAL

THE ALUMNÆ ASSOCIATION OF THE TORONTO HOSPITAL FOR INCURABLES

President, Miss Margaret Ferriman, 78 Herbert Street, Toronto; Vice-President, Miss Esther M. Cook, 130 Dunn Avenue, Toronto, Ont.; Secretary and Treasurer, Miss Helena Hamilton, 130 Dunn Avenue, Toronto; Press Representative, Miss Lendrum, 130 Dunn Avenue, Toronto.

Entertainment Committee—Misses Lawson and Vallick.

Regular Meeting—First Friday, 7.30 p.m.

THE ALUMNAE ASSOCIATION, HOSPITAL FOR SICK CHILDREN TRAINING SCHOOL FOR NURSES, TORONTO

President, Mrs. G. C. Storey, 64 Evelyn Avenue, Toronto; First Vice-President, Mrs. G. Boyer; Second Vice-President, Miss E. Butterfield; Recording Secretary, Mrs. F. Rogers; Corresponding Secretary, Miss A. Grindley, 544 uron Street, Toronto; Treasurer, Mrs. H. F. Canniff, 77 St. Clair Avenue East, Toronto.

Representative "Canadian Nurse"—Mrs. J. W. Reddick, 18 Keewatin, Toronto.

Representative G.N.A.O.—Miss Haines.

TORONTO WESTERN HOSPITAL ALUMNAE ASSOCIATION

Hon. President, Miss Hiscox; President, Mrs. A. M. Huston, 59 St. Clair Avenue East; First Vice-President, Miss Drysdale; Second Vice-President, Mrs. Clement; Treasurer, Miss Ford; Recording Secretary, Miss Essex; Corresponding Secretary, Mrs. Ethel T. Bell, 12 Oakmount Road.

Visiting Committee—Miss Hornsby, Mrs. Brown, Miss Anderson.

Registry Committee—Miss Ogilvie, Miss E. Thompson, Mrs. Ward.

Programme Committee—Mrs. Duff.

Alumnae Board—Miss McDougall.

Canadian Nurse—Miss Essex, Mrs. Huston.

Councillors—Mrs. Yorke, Mrs. MacConnell, Mrs. Gilroy, Mrs. Brown, Miss Anderson, Miss Shortreed.

Regular Meetings—First Friday of each month.

THE ALUMNAE ASSOCIATION OF THE WOMEN'S COLLEGE HOSPITAL, TORONTO, ONTARIO

Hon. President, Mrs. H. M. F. Bowman, R.N.; President, Mrs. Buchanan, 756 Dupont Street, Toronto; First Vice-President, Miss Worth; Second Vice-President, Miss Santenberg; Third Vice-President, Miss Glenn; Recording Secretary, Miss Spademan; Corresponding Secretary, Miss Turner, W.C.H., Toronto; Treasurer, Miss Chalk, W. C. H., Toronto.

Executive Committee—Miss Ennis and Miss Mallock.

THE ALUMNAE ASSOCIATION OF THE WELLESLEY HOSPITAL TRAINING SCHOOL FOR NURSES, TORONTO

President, Miss Hazel MacInnis; Vice-President, Miss Marjorie Batchelor; Secretary-Treasurer, Miss Helen McCord, 14 Victor Ave., Toronto, telephone, Gerrard. 1210. Representatives to the Central Register, Misses Helen Carruthers and Mary Morrison.

THE ALUMNAE ASSOCIATION, TORONTO FREE HOSPITAL TRAINING SCHOOL FOR NURSES, WESTON, ONT.

Hon. President, Miss E. MacP. Dickson; President, Miss Jean Bryden, 550 Gerrard Street, East, Toronto; Vice-President, Miss U. Leroux; Secretary, Miss Mabel Avery, Toronto Free Hospital, Weston; Treasurer, Miss Cora Beckwith, Toronto Free Hospital, Weston.

Regular Meetings—Second Friday of each alternate month.

NURSING BOOKS

Technical Books—If there is any book on nursing you want, write us and we will try to get it for you—The Canadian Nurse, 302 Fifteenth Avenue, East Burnaby, B. C.

WANTED

GRADUATE NURSES for general ward duty. Salary $90 per month and maintenance. Apply to the Supervising Nurse, Philadelphia Hospital for Contagious Diseases, Second and Luzerne Sts., Philadelphia, Pa.

JOIN AZNOE'S CENTRAL REGISTRY FOR NURSES, AND SEE AMERICA

DO YOU WANT a hospital position in the South? Then tell us; we can place you. Perhaps you prefer the East? Very well—only please let us know the kind of position you desire. The West is interesting, too; so is the North.

Hundreds of Graduate Nurses and Dietitians are seeing America the Aznoe way. Then why not you?

Your free book is waiting for you; write for it to-day.

Aznoe's

CENTRAL REGISTRY FOR NURSES

30 N. Michigan Ave.

Chicago

HOME FOR NURSES

Graduate Nurses wishing to do private duty will find at Miss Ryan's Home for Graduate Nurses (connected with one of the largest private sanatoriums in the city) a splendid opportunity to become acquainted and established in their profession. Address 106 West 61st Street, New York City. Phone: Columbus 7780 7781.

Post Graduate Training School for Nurses

Manhattan Eye, Ear and Throat Hospital

210 East 64th Street, New York City

Offers a course in special diseases and operating-room training of the eye, ear and throat. The course will be both theoretical and practical. Instruction will be given by means of lectures, demonstration, teaching at the bedside and in the regular performance of duties. The new residence for nurses, which has been occupied since January, 1918, provides separate rooms and excellent facilities for the comfort of the nurses. A registry is maintained for our graduates at the Hospital, and a limited number of graduates who complete the course of instruction may obtain permanent institutional positions. Graduate nurses from recognized schools will be admitted for a term of three months in the Eye Department, three months in the Ear and Throat Department or the combined course consisting of six months.

Remuneration Thirty Dollars ($30.00) per month and uniform. Lodging, board and Laundry free. For further information, apply to

SUPERINTENDENT OF NURSES,
210 East 64th Street, New York City

MISERICORDIA HOSPITAL, NEW YORK CITY

TRAINING SCHOOL FOR NURSES

Course, two years and six months. Hospital of 325 beds, including Medical, Surgical, Obstetrical and Children's Departments. Theoretical and practical instruction throughout course given by attending physicians and competent nurse instructors, embracing subjects outlined by the State Board of Regents. Monthly allowance with maintenance provided.

For further information, apply to **Superintendent, 531 East 86th Street, NEW YORK CITY, N. Y.**

THE ALUMNAE ASSOCIATION OF GRACE HOSPITAL, TORONTO

Hon. President, Miss Rowan, Grace Hospital; President, Miss F. Emory, 26 Algonquin Avenue; First Vice-President, Miss Whellams, 597 Spadina Avenue; Second Vice-President, Miss Henderson, 210 Rusholme Avenue; Treasurer, Mrs. Aitken, 409 West Marion Avenue; Corresponding Secretary, Miss Milne, 396 Indian Road; Recording Secretary, Miss Greer, 230 Bleecker Avenue.

Board of Directors—Misses Rowan, Devellin, Hawley, Hammell, Finnie and Grant.

Representative to "Canadian Nurse"—Miss MacKinnon, Grace Hospital.

Conveners of Committees—Social, Miss McKeowen; Press and Publication, Miss Goodman; Sick, Miss Morin; Programme, Miss Garrow and Miss M. MacKinnon, Grace Hospital.

THE ALUMNAE ASSOCIATION OF THE TORONTO ORTHOPEDIC HOSPITAL TRAINING SCHOOL FOR NURSES

Hon. President, Miss MacLean; President, Mrs. W. E. Ogden, 9 Spadina Road, Toronto; Vice-President, Mrs. H. V. Maynard; Secretary-Treasurer, Mrs. W. J. Smithers, 71 Grenville Street, Toronto.

Representatives to Central Registry—Miss Marjory Bedford and Miss Winifred R. Smith.

Sick Visiting Committee—Miss Lucy Loggie.

Regular Meeting—Fourth Thursday of each alternate month at 3 p.m.

OFFICERS OF ALUMNAE ASSOCIATION OF ST. JOHN'S HOSPITAL, TORONTO

Hon. President, Sister Beatrice, Superintendent; President, Miss Burnett, 577 Bloor Street, West; Vice-President, Miss F. M. Elliott, 279 Major Street; Secretary, Miss Price, 27 Irwin Avenue; Treasurer, Miss Haslett, 48 Howland Avenue.

Press Representative—Miss Hutchins.

Representatives to Central Registry—Misses Elliott and Bruce.

THE ALUMNAE ASSOCIATION OF ST. JOSEPH'S HOSPITAL, GUELPH, ONT.

Hon. President, Mother M. Thecla; Hon. Director, Sister M. Dosetheus; President, Miss M. O'Sullivan; Vice-President, Miss R. Henry; Secretary, Miss U. O'Sullivan; Treasurer, Miss A. Boyd.

Officers for Sick Benefit Fund: President, Miss M. Burke; Vice-President, Mrs. Hanlon; Secretary, Miss B. Bracy; Treasurer, Miss I. Forwell; Directors, Misses McQuillan, Burns, Spitzig, Holmes.

Regular Meeting—First Friday of each month.

THE ALUMNAE ASSOCIATION OF ST. JOSEPH'S HOSPITAL, HAMILTON

Hon. President, Mother M. St. Basil; President, Miss E. Kelly, 250 Hughson Street, North; Vice-President, Miss G. Boyes, 17 East Avenue, South; Secretary, Miss M. McClarty, 59 East Avenue, North; Treasurer, Miss A. Maloney, 31 Erie Avenue; Corresponding Secretary, Miss M. Grant, 807 King Street, East.

Executive Committee—Misses Egan, Furey, Dermody, Nally and Murray.

Entertainment Committee—E. McClarty, E. Downey, E. Bedford, E. Galloway.

Sick Visiting Committee—Misses H. Fagan and A. Brohman.

Representative to Central Registry—Miss T. Gurry.

Representative on "Canadian Nurse"—Miss E. Dermody, 157 Catherine St., South.

Regular Meeting—First Tuesday, 4 p.m.

Nerve Support

OVERWORK, worry and concentrated mental effort cause excessive wear and wastage of the nerve cells, which frequently result in Nervous Breakdown. To guard against this, extra food must be supplied to rebuild the worn-out cells.

Nothing is quite so good as "Ovaltine" for this purpose, as it contains just the food elements necessary — in a light, concentrated and easily digestible form — to restore the nerves and meet the extra demand on the system. "Ovaltine" is a concentrated extraction of Malt, Milk and Eggs, Cocoa flavoured, and makes a delightful beverage, which is taken between and with meals, instead of the usual tea or coffee. There is no fuss or bother in making. The crisp, golden granules of "Ovaltine" are simply stirred into hot milk or milk and water (a little condensed milk may be used if fresh milk is not available). With a few biscuits, a cup of "Ovaltine" forms a satisfying meal. "Ovaltine" gives strength, vitality and endurance, and is a splendid "pick-me-up," and as a restorative in fatigue there is nothing to equal it.

OVALTINE

TONIC FOOD BEVERAGE

Builds-up Brain, Nerve and Body

Supplied by all Druggists CN 3

The makers will be pleased to send a qualified Nurse a sufficient quantity for trial in any case she has under her charge.

A. WANDER, LTD.
27 Front Street, East,
(Main 7768) TORONTO, ONT.

Works: King's Langley, Herts.

HAMILTON CHAPTER OF THE GRADUATE NURSES' ASSOCIATION OF ONTARIO

Chairman, Miss Laidlaw, 212 James Street S.; First Vice-President, Miss G. Boyes, 17 East Avenue S.; Second Vice-President, Miss Ida Carr; Secretary, Miss A. McGinnity, 807 King Street E.; Treasurer, Miss E. Aitken, 244 Main Street E.

Executive Committee—Mrs. Reynolds, Miss Dermody, Miss Insole.

Representatives to the Local Council of Women—Miss Beckett, Miss Nagle, Miss Dermody.

MeetingsFourth Wednesday of every second month, omitting July.

THE ALUMNAE ASSOCIATION OF THE HAMILTON GENERAL HOSPITAL TRAINING SCHOOL FOR NURSES

Hon. President, Miss G. Fairlie, H.G.H.; President, Mrs. George O'Brian, 170 Catherine Street, North; Vice-President, Miss Betty Aiken, 549 Main Street, East; Secretary, Miss May Brennen, H.G.H.; Treasurer, Miss M. Pegg, 56 George Street; Corresponding Secretary, Miss I. Newbigging, 129 Herkimer Street.

"Canadian Nurse" Correspondent—Miss R. Burnett, 131 Stinson Street.

Executive Committee—Miss B. Sadlier, Miss M. Aiken, Miss M. E. Dunlop, Miss Vance, Miss Beatty.

Representatives to National Council of Women—Miss E. Taylor, Miss B. Aiken, Mrs. Newson.

Sick Committee—Miss A. P. Kerr, Miss M. E. Dunlop, Mrs. Reynolds, Miss R. Burnett.

Representatives to Central Registry—Mrs. Reynolds, Miss Pegg, Miss Roadhouse, Miss A. P. Kerr.

ALUMNAE ASSOCIATION OF THE BRANTFORD GENERAL HOSPITAL

Hon. President, Miss M. Forde, R.N., Superintendent of the General Hospital; President, Mrs. R. Millard, 154 William Street; Vice-President, Miss C. Good, City; Secretary, Miss C. P. Robinson, General Hospital; Assistant Secretary, Miss Edith Jones, 255 Greenwich Street; Treasurer, Miss G. Leslie, 6 Peel Street.

"Canadian Nurse" Representative—Miss M. C. Hall, General Hospital.

Regular Meeting on the first Tuesday of every month, at 3.30 p.m., in the Nurses' Residence.

BELLEVILLE GENERAL HOSPITAL ALUMNAE ASSOCIATION

(Affiliated Members of G. N. A. of Ontario)

Hon. President, Miss Green, Superintendent; President, Mrs. C. K. Graham, 642 Shaw Street, Toronto; Hon. Vice-President, Mrs. Gordon Jones, Pueblo, Colorado; Vice-President, Mrs. Leavens, 170 George Street, Belleville, Ont.; Secretary-Treasurer, Miss E. G. Green, 71 Everett Street, Belleville, Ont.

Advisory Board—Miss Morrison, Miss Martin, Mrs. Bush, Mrs. Fitzgerald, Miss Howard.

Entertainment Committee—Mrs. Worrell, Mrs. Leavens, Miss Morrison, Mrs. Cooper.

Meetings—First Tuesday in each month.

THE ALUMNAE ASSOCIATION, RIVERDALE HOSPITAL, TORONTO

President, Miss McNeil, 360 Markam Street. Toronto; First Vice-President, Miss F. Schoales, 70 Roseport Drive, Toronto; Second Vice-President, Miss G. Honey, Riverdale Hospital, Toronto; Treasurer, Miss Mary G. Clarke, 325 Leslie Street, Toronto; Secretary, Miss G. Gastrell, Riverdale Hospital, Toronto.

Convener of Sick and Visiting Committee—Miss E. Honey, Riverdale Hospital, Toronto.

Convener of Programme Committee—Miss Irene Vincent, Riverdale Hospital.

Representatives to Central Registry—Miss Davidson, 322 Brunswick Avenue; Miss Nicol, 767 Gerrard Street E., Toronto, Ont.

Executive Committee—Miss E. Honey, Miss A. Armstrong, Miss Haines, Miss Nicol.

Representative to Toronto Chapter—Miss Nicol, 767 Gerrard Street E., Toronto.

Press and Publication—Secretary.

The Neurological Institute of New York

offers a six months' Post Graduate Course to Nurses. Thorough practical and theoretical instruction will be given in the conduct of nervous diseases, especially in the application of water, heat, light, electricity, suggestion and re-education as curative measures.

$30.00 a month will be paid, together with board, lodging and laundry. Application to be made to Miss G. M. Dwyer, R.N., Supervisor of Nurses, 149 East 67th St., New York City.

THE Graduate Nurses' Registry and Club

Phone Seymour 5834
Day and Night

Registrar—Miss Archibald

779 Bute St., Vancouver, B.C.

JAEGER
Fine Pure Wool

For Boys and Girls

Your children's health is of the first importance. Start them right by clothing them with Jaeger Garments. We stock Jaeger Pure Wool Underwear and Night Wear, Dressing Gowns, Knitted Suits, Golfers' Coat Sweaters, Jerseys, Camel Hair Fleece Coats, Gloves, Stockings, etc.

A fully illustrated catalogue free on application

For sale at Jaeger Stores and Agencies throughout Canada.

The JAEGER CO., Limited

MONTREAL TORONTO WINNIPEG

Obstetric Nursing

THE CHICAGO LYING-IN HOSPITAL offers a four-months' post-graduate course in obstetric nursing to graduates of accredited training schools connected with general hospitals, giving not less than two years' training.

The course comprises practical and didactic work in the hospital and practical work in the Out Department connected with it. On the satisfactory completion of the service a certificate is given the nurse.

Board, room and laundry are furnished and an allowance of $10.00 per month to cover incidental expense.

Affiliations with accredited Training Schools are desired, as follows:

A four-months' course to be given to pupils of accredited training schools associated with general hospitals.

Only pupils who have completed their surgical training can be accepted.

Pupil nurses receive board, room and laundry and an allowance of $5.00 per month.

ADDRESS:

Chicago Lying-in Hospital and Dispensary

426 East 51st Street, CHICAGO

ALUMNAE ASSOCIATION OF THE MACK TRAINING SCHOOL, GENERAL AND MARINE HOSPITAL, ST. CATHARINES, ONT.

Hon. President, Miss Uren, G. and M. Hospital, St. Catharines, Ont.; President, Mrs. Parnell, 124 Lake Street, St. Catharines; First Vice-President, Miss Annie Moyer, Queenston Street; Second Vice-President, Mrs. McGowan, 2 Lyman Street; Secretary, Miss Caroline Freel, G. and M. Hospital; Treasurer, Mrs. W. Durham, R. R. No. 4, St. Catharines.

"Canadian Nurse" Representative—Miss A. J. Gransmore, 2 Lyman Street.

Programme Committee—Miss Merle McCormack, Miss Annie Moyer, Miss Vera Calvert.

Regular Monthly Meeting—Last Tuesday, 2.30 p.m.

THE ALUMNAE ASSOCIATION OF THE AMASA WOOD HOSPITAL TRAINING SCHOOL FOR NURSES, ST. THOMAS, ONTARIO

President, Miss Anabell Nicol, 91 Kains Street; Vice-President, Miss Ruth Mackey, 91 Kains Street; Recording and Corresponding Secretary, Miss Pearl Dean, 5 Naama Street; Treasurer, Miss Sadie Coulthard, 20 Hughes Street.

Executive Committee—Misses Cook, Malcolm, Bennett, Crane and Mills.

Representative to "Canadian Nurse"—Miss Myrtle Bennett, 71 Hincks Street.

Regular Meeting—Second Wednesday, 8 p.m.

THE ALUMNAE ASSOCIATION OF THE WOODSTOCK GENERAL HOSPITAL TRAINING SCHOOL FOR NURSES

Hon. President, Miss Frances Sharpe; President, Miss M. H. Mackay, R.N.; Vice-President, Mrs. J. B. Coleridge; Recording Secretary, Miss Annie Hill; Assistant Secretary, Miss Annie McLean; Corresponding Secretary, Miss Agnes Weston; Treasurer, Miss Evelyn Peers; Assistant Treasurer, Miss Vida Burns.

Representatives to National Council of Women—Miss M. H. Mackay, R.N., Miss W. Huggins, Miss Annie Hill.

Regular Monthly Meeting—Second Monday, 8 p.m.

THE ALUMNAE ASSOCIATION OF VICTORIA HOSPITAL TRAINING SCHOOL FOR NURSES, LONDON, ONTARIO

Hon. President, Miss M. Stanley, Superintendent of Nurses, Victoria Hospital; President, Miss D. Hutchison, Victoria Hospital; First Vice-President, Miss Agnes Malloch, 784 Colborne Street; Second Vice-President, Miss Ina Bice, Victoria Hospital; Secretary, Miss Beatrice Smith, 95 High Street; Treasurer, Mrs. Walter Cummins, 95 High Street.

"Canadian Nurse" Representative—Mrs. A. C. Joseph, 449 Oxford Street.

Advisory Committee—Misses Mortimer, Cockburn and Barons.

Programme Committee—Mrs. Allison, Misses Shannon and Luckham.

Regular Monthly Meeting—First Tuesday, 8 p.m.

THE ALUMNAE ASSOCIATION OF ST. JOSEPH'S HOSPITAL, CHATHAM, ONTARIO

Honorary President, Sister M. Regis; Honorary Director, Sister M. Loretto; President, Miss E. Belleperche, Ford City, Ont., R. R. No. 1; First Vice-President, Miss L. Speaks, Chatham; Recording Secretary, Mrs. T. E. Durocher, Windsor; Secretary-Treasurer, Miss Angela McIlhargey, 2030 Wabash Avenue, Detroit, Mich.

"Canadian Nurse" Representative—Mrs. G. Hoy Durocher, Windsor.

Entertainment Committee—Miss Gray, Chatham.

Sick Committee—Miss Annie McIlhargey, Detroit; Miss Anna Quellette, Chatham; Miss R. Watters, Port Huron.

Regular Meeting—First Monday, 3 p.m.

KITCHENER AND WATERLOO GENERAL HOSPITAL ALUMNAE ASSOCIATION

President, Mrs. H. M. Lackner; Vice-President, Miss Marie Wunder; Secretary, Mrs. Jessie Turner; Treasurer, Miss Margaret Elliot.

Representative for Canadian Nurse—Miss Ada L. Wiseloh.

Regular Meetings—Second Thursday of each month.

THE KITCHENER AND WATERLOO GRADUATE NURSES' ASSOCIATION.

President, Mrs. Norman Heller; First Vice-President, Miss Eleanor Keifer; Second Vice-President, Miss Idessa Huber; Treasurer, Miss Ada Weseloh; Secretary, Miss Elsie Master.

Representative to "Canadian Nurse"—Miss Georgia DeBus.

Regular Meeting—First Monday.

THE ALUMNAE ASSOCIATION OF ST. JOSEPH'S HOSPITAL, LONDON, ONTARIO.

Hon. President, Mother M. St. Roch; Hon. Vice-President, Sister M. Patricia; President, Miss K. C. McDonnell, 270 Grosvenor Street, London; First Vice-President, Mrs. James Henry, 345 Maitland Street, London; Second Vice-President, Miss Alice Butler, 75 Halman Street, London; Treasurer, Mrs. Walter Dodd, London, Ont.; Recording Secretary, Miss Lillian Jones, 591 Princess Avenue, London.

"Canadian Nurse" Representative—Miss Lillian Jones.

Regular Monthly Meeting—Third Wednesday at 8 p.m.

THE TORONTO CHAPTER OF THE GRADUATE NURSES' ASSOCIATION OF ONTARIO

President, Mrs. N. J. Smithers, Pensax Court; Vice-President, Miss K. Russell, 1 Queen's Park; Corresponding Secretary, Miss Florence Rutherford, Grace Hospital; Recording Secretary, Miss E. Patterson; Treasurer, Miss M. Haslett, 49 Howland Ave.

Representative to G.N.A.O.—Miss Mary E. Butchart.

Press and Publication Committee—Miss M. Vollick (Convener), Hospital for Incurables; assistant, Miss Spademan.

Social and Programme—Convener, Miss Nora Moore; assistants, Miss Nicol and Miss Ferguson.

Representatives to Local Council—Miss Meader (official), Mrs. Smithers, Mrs. Turnbull, Miss Flaws, Miss Dyke.

THE SAULT STE. MARIE GENERAL HOSPITAL ALUMNAE ASSOCIATION.

Honorary President, Rev. Sister Mary Dorothea, General Hospital, Soo, Ontario; President, Miss Dorothea Buzzo, John Street, Soo, Michigan; First Vice-President, Mrs. J. O'Driscoll, 142 Pim Street, Soo, Ontario; Second Vice-President, Miss Stella Kehoe, 225 Albert St., W., Soo, Ontario; Secretary, Mrs. Frank J. McGue, 15 Putney Road, Soo, Ontario; Treasurer, Miss Daisy Kennedy, 176 Pim Street, Soo, Ontario.

THE ALUMNAE ASSOCIATION OF ST. BONIFACE HOSPITAL, ST. BONIFACE, MANITOBA

President, Miss A. C. Starr, 753 Wolseley Avenue; First Vice-President, Miss O'Rourke, 119 Donald Street; Second Vice-President, Miss S. Gordon, 251 Stradbrook Avenue; Secretary, Miss Marion Oliver, 247 Furnby Street; Treasurer, Miss Josephine MacDonald, 753 Wolseley Avenue.

Convener of Sick Visiting Committee—Miss L. Lynch, 226 Balmoral Street.

Convener of Social Committee—Miss B. Snow, St. Boniface Hospital.

Regular Monthly Meeting—Second Wednesday, 8 p.m.

THE MANITOBA ASSOCIATION OF GRADUATE NURSES

President, Miss Mary Martin, Municipal Hospital, Winnipeg; First Vice-President, Miss C. McLeod, General Hospital, Brandon; Second Vice-President, Miss K. Cottar, General Hospital, Dauphin; Third Vice-President, Rev. Sister Arcand, St. Boniface Hospital, St. Boniface; Treasurer, Miss Robertson; Secretary, Miss Elizabeth Carruthers, Children's Hospital, Winnipeg; Corresponding Secretary, Miss Elizabeth Russell, Provincial Health Department, Winnipeg.

THE GRADUATE NURSES' ASSOCIATION OF BRANDON

Hon. President, Miss Birtles; President, Mrs. S. J. Pierce, 1608 Louise Avenue, Brandon; Vice-President, Miss Hulbert; Secretary, Miss Margaret Gemmell, 346 Twelfth Street, Brandon.

Convener of Social Committee—Mrs. Lawson Ferrier, 525 Sixteenth street.

Convener of Registration Committee—Miss C. MacLeod.

Press Representative—Miss M. Finlayson.

SASKATCHEWAN REGISTERED NURSES' ASSOCIATION

Incorporated March, 1917

Council—President, Miss Jean Browne, Department of Education, Regina; Vice-President, Miss Mary Montgomery, Saskatchewan Sanitarium, Fort Qu'Appelle.

Councillors—Miss Ruby Simpson, Normal School, Saskatoon; Sister Raphael, Providence Hospital, Moose Jaw; Miss Cora Kier, City Health Department, Moose Jaw; Dr. G. A. Charlton, Regina; Dr. A. W. Argue, Grenfell.

Secretary-Treasurer and Registrar —Miss Mabel F. Gray, 1821 Scarth Street, Regina.

ALBERTA ASSOCIATION OF GRADUATE NURSES

Incorporated April 19, 1916

President, Miss Victoria I. Winslow, R.N., Superintendent of Nurses, General Hospital, Medicine Hat; First Vice-President, Miss Christine Smith, R.N., Superintendent of Provincial Public Health Nurses, Edmonton; Second Vice-President, Miss L. M. Edy, R.N., Superintendent of Nurses, General Hospital, Calgary; Secretary-Treasurer and Registrar, Miss Eleanor McPhedran, R.N., Col. Belcher Military Hospital, Eighth Avenue, West, Calgary.

Councillors—Mrs. Manson, R.N., Miss McMillan, R.N., Miss E. Rutherford, R.N.

THE EDMONTON GRADUATE NURSES' ASSOCIATION

President, Mrs. Manson; First Vice-President, Miss Macmillan; Second Vice-President, Miss Gould; Secretary, Miss Marsh; Treasurer, Miss B. McGilliveray

Regular Monthly Meeting—Third Wednesday, 3.30 p. m.

OFFICERS OF THE GRADUATE NURSES' ASSOCIATION OF BRITISH COLUMBIA

President, Miss Elizabeth Breeze, R.N.; First Vice-President, Miss J. F. MacKenzie, R.N.; Second Vice-President, Miss Marion Currie, R.N.; Registrar, Miss Helen Randal, R.N.; Secretary, Mrs. M. E. Johnston, 125 Vancouver Block, Vancouver, B. C.

Councillors—Misses McAllister, Stott, Turnbull, J. Tolmie, Johns, Boultbee, M. Macmillan.

WANTED!

A field Supervisor for the Rural Nursing Service under the British Columbia Branch of the Canadian Red Cross Society. Must have good executive ability and be able to organize new districts. Salary $200.00 per month. Apply, giving qualifications and experience to Secretary, Provincial Branch Canadian Red Cross Society, London Building, 626 Pender St., W., Vancouver, B.C.

WANTED!

Experienced Operating Room Nurse —one capable of taking charge and instructing pupils in operating technique. Salary $85.00 a month with full maintenance. State school, year of graduation, experience and reference. Address, Supt. of Nurses, St. Luke's Hospital, Ottawa, Ont.